# Chichester Herald

Friday 8th June 2012
YOUR FREE WEEKLY NEWSPAPER


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# Group's top honour

## >> *Her Majesty The Queen honours Hospice Volunteers with MBE*


*Susanna Reid*
REPORTER
NEWS@CHICHESTERHERALD.CO.UK


A GROUP of charity volunteers is celebrating after being selected to receive an award from The Queen.

The St Wilfrid's Hospice Board of Trustees was delighted to hear that its volunteers have been chosen to receive The Queen's Award for Voluntary Services, which is the MBE for volunteer groups.

The announcement was made on Saturday 2nd June, the anniversary of Her Majesty's coronation.

This prestigious honour is awarded to those volunteer groups who are recognised and respected by the local community and the people they serve. St Wilfrid's Hospice has over 500 dedicated volunteers who not only assist in providing care and support at the Hospice but also undertake an array of roles in the community. These include serving in the Hospice shops and involvement in "Support Groups" which raise around £90,000 each year for St Wilfrid's.

> "The entire Hospice team couldn't be more pleased that our volunteers have been recognised in such a special way"

A representative of The Queen will present the volunteer group with a certificate..


**Continued on page 3**

Volunteer Service Leader (photography Jamie Kefford)


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# Goodwood's big month

AS THE SUN sets across the Downs, electronic DJ, Andy Cato, TV & radio presenter, Dermot O'Leary and The Streets frontman, Mike Skinner, will each step on to the hallowed turf of Goodwood Racecourse's Parade Ring to perform as part of Three Friday Nights, a vibrant combination of racing, music and dancing all starting this weekend and continuing throughout June.

After dark, heels will replace hooves as the Parade Ring transforms into a unique music arena. Thousands of race-goers will flock to the stage after the horse racing for an evening filled with music and dancing at one of Britain's most picturesque racecourses nestled within the heart Goodwood Estate's rolling countryside.

This all kicks off a big month at Goodwood, which ends with one of the biggest motorsport events of the year – the Goodwood Festival of Speed.

**Groove Armada – 8th June 2012**

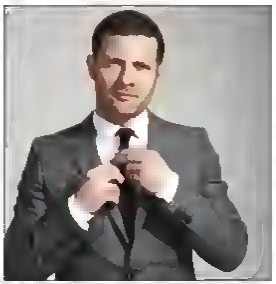
Andy Cato, one half of popular electronic music duo will open the Friday Race Nights with a bang. Over the past decade, Groove Armada consisting of Any Cato and Tom Findlay, have established themselves as one of the planet's most-loved and biggest selling dance acts storming the charts and headlining stages at some of the world's biggest festivals. In 2010, they redefined the Groove Armada sound with their 6th studio album, Black Light, and a year headlining festivals all over the world led to a Grammy nomination. Groove Armada whipped the 250,000 crowd into a frenzy at Fatboy Slim's infamous Brighton beach party and have played countless residencies in Ibiza. Taking their record bags to all corners of the world, the duo have played on mountain tops, remote beaches and W'll laplanes.

**Dermot O'Leary – 15th June 2012**

Popular television & radio presenter; Dermot O'Leary, will take to the stage during the Three Friday Nights celebrations to perform his hotly anticipated DJ set. A firm favourite on both our TV screens and Radio, Dermot is best known for presenting one of Britain's most popular TV programmes, X Factor and will now add a performance at Goodwood Racecourse to his belt.

**Mike Skinner – 22nd June 2012**

Previously fronting popular British band, The Streets, Mike Skinner will now debut solo at Goodwood as the closing act of Three Friday Nights. The Streets' first song, 'Has it come to this?' was released in 2001 from their debut album 'Original Pirate Material' and was credited as the first UK garage song to become successful. The track was



reviewed by popular music magazine, NME as 'the most original, lyrical British rap in memory' charting an evolutionary route for UK garage'. With over ten years' experience, four albums, countless festival performances and numerous top ten hits under his belt, Skinner is set to deliver an unforgettable finale to the electrifying Three Friday Nights extravaganza.

The Goodwood Festival of Speed will start with the Moving Motorshow on Thursday 28 June followed by the Festival on 29, 30 and 1 July.

**Continued from page 1**

...signed by Her Majesty, and a commemorative domed glass crystal at a local ceremony to take place later in the year. Also, representatives of the Hospice volunteer group will be invited to attend the annual Royal Garden Party at Buckingham Palace.

In response to the announcement, Angela Wormald, Chair of Trustees of St Wilfrid's Hospice said: "The entire Hospice team couldn't be more pleased that our volunteers have been recognised in such a special way. The Hospice is celebrating its 25th Anniversary year so it is a fitting tribute that our volunteers have been recognised in The Queen's Jubilee year."

Since opening in 1987, St Wilfrid's Hospice has cared for over 11,000 local people and at any one time the Hospice cares for around 200 people in the community, offering support to their families and friends. All their services are provided free of charge, they are not a part of the NHS and rely on public support to raise 86% of our annual running costs of over £5.8 million.

To find out more about the services that St Wilfrid's Hospice staff and volunteers provide to the local community please visit www.stwh...co.uk or call the Hospice team on 01243 775302.

# Chichester Garden Market 2012 welcomes record visitor numbers

CHICHESTER Garden Market took place in the City centre from Friday 25th May until Sunday 27th May and saw footfall of nearly 130,000 people over the weekend – 5000 more than in 2011 and a record in visitor figures for the event.

Organised jointly by Partnership Woodland Crafts and Chichester City Centre Partnership, Chichester Garden Market enjoyed perfect gardening weather for all three days over the weekend. With record breaking visitor footfall into the City Centre the event was considered a great success, with Saturday seeing nearly 4,000 more people than the same day last year and Sunday seeing over 2,000 more people.

As City Centre Manager, Kim Long says: "We are so pleased with these figures! This was the first Saturday since Christmas that we've had more than 80,000 people in Chichester. It's our goal to continue to increase the number of people coming into and spending money in Chichester and these figures show we're doing something right! "

Chichester City Centre Partnership is keen to continue supporting City Centre events which clearly bring visitors into Chichester, not just to enjoy the event or market taking place, but to enjoy all that Chichester has to offer, from our shops to our restaurants and attractions.

The weekend prior to the garden market saw over 110,000 people in the City centre, compared with the garden market weekend, which saw nearly 130,000.

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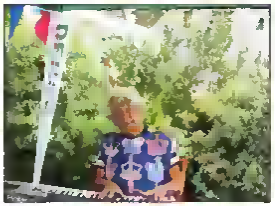
# Do we really need to find aliens?

Tommy Boyd



***ALIENS***
A survey of a thousand adults revealed that nearly half the population believe the government are concealing evidence about extra-terrestrials flying saucers and alien abductions. 29% believe aliens are actually living among us

***DAVID CAMERON***
And a whopping one in ten of us believes that David Cameron is an alien

***STREET PARTY***
We had one in our street. I've lived there more than 10 years and never got to know anybody. I admit to being a bit humbled to discover my street is full of lovely folk. And a bit foolish for not making the effort. People I knew only by their cars turned out, of course, to be people with warmth and quirks. In other words, the people I hope I am.

***MODERN LIFE***
Knowing your neighbours has become unfashionable. We form communities on the internet. Humans are alienated. This is more worrying than if they were real aliens from other planets.

***VENUS***
Everyone seems mad keen on aliens this week. Venus floated past the sun, "enabling scientists to re-calibrate their telescopes so they are better equipped to..." Err, start with planets that might support life. Do we really need to find aliens? Or is it just to satisfy the latent Trekkie in men?

***JOANNA***
Our street party had tables in the road, bunting, music, food and drink. But what made it was the piano. Rosie and Barbara, no sheet music thanks. Everything from Roll Out The Barrel to Diamonds Are a Girl's Best Friend. Many thanks to them and the organisers.

***BEARD***
I find I am growing a beard. Why? I am bored with my face every morning in the mirror. I have recently looked like: Ryan Giggs (dark shadow all over) Bob Geldof (straggly strands all over), and a wino. After a trim revealed a healthy grey chin bit I have been asked if I'm trying to look like Tom Jones.

***TOM JONES***
Best quip at the Royal Concert. Lenny Henry following The Voice on stage "Tom Jones! What testosterone! Everyone in the front 4 rows is pregnant!"

***DIVERSITY***
Lenny also alluded that there seemed more black people on stage than among the fans of thousands in the audience. Did that mean that our non-white population is less royalist or that they are more talented? Good question, innit?

***JOKE***
True drinking story. The actor Richard Harris was found face down in a Soho gutter at 3.00am. The policeman asked him what he was doing. He replied "I have heard that the earth revolves every 24 hours. So I'm waiting here for my house to come past."

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## Tweets of the Week!

All tweets are from Chichester people or about the area.
(Some tweets may contain errors)

@KateLassetter
"I'm so thrilled to have been asked by Disability Awareness UK to judge their children's writing competition :)))"

@ChichesterCDT
"Brilliant residents street party at Graylingwell Park on Monday, over 110 residents came along to celebrate the Jubilee"

@JaneRusbridge
"Went to Octagon villages party at Watergate House nr Chichester hog roast, bouncy castle, band and quizmaster was Hugh Dennis :)"

@ChiPeregrines
"2012's first fledgling at Chichester Cathedral - young male Peregrine Black 54 has just flown for the first time!"

@chi_police
"64 people spent time on our cells over the #Jubilee weekend...21 of those people for #Chichester related crimes!"

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**Contact us**

**Information:**
info@chichesterherald.co.uk

**Managing Editor:**
Dean Adams *(Managing Editor)*
dean.adams@chichesterherald.co.uk

**Sub Editor:**
Megan Hedges *(Sub-Editor)*
megan.hedges@chichesterherald.co.uk

**News, sport & entertainment:**
news@chichesterherald.co.uk

**Advertising:**
advertising@chichesterherald.co.uk
Hannah Rason *(Advertising Manager)*
Hannah.rason@chichesterherald.co.uk

**Accounts:**
Mark Ansell *(Finance Director)*
accounts@chichesterherald.co.uk

**Telephone:**
01243 200999

**Head office:**
Suite 3/3[illegible], 1[illegible] Hornet, Chichester West Sussex, PO19 7BB

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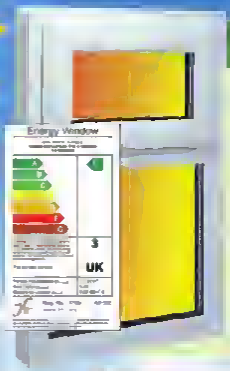


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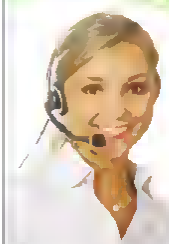

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# Cutting the first turf to begin construction of Barnham's new community hall

TOMORROW (9th June) will see a special ceremony to 'cut the first turf' will mark the start of construction work on Barnham's impressive new £1.1m Community Centre and Hall

With planning and design work complete, and builders appointed, work can now begin, with a target date set for opening the new Community Centre and Hall in May 2013. This will complete Phase 3 of the ambitious project to provide a range of much-needed new community facilities for Barnham. Phases 1 and 2 have already been completed. These have seen the construction and opening of a new Trim Trail, a new Children's Play Area and the new Barnham Game Zone – all in Murrells Field.

All of this has been achieved through the dedication and efforts of many Barnham residents, all volunteering their time, skills and energy to bring first class facilities to the village. The price-tag for the total project comes in at a mighty £1,323,000. Already £223,000 of this has been fundraised locally and has delivered the new Community Park, Childrens Play Area and Barnham Game Zone. The new Community Centre and Hall will cost £1,100,000.

Of this, £950,000 has been secured through the sale of the old Parish Hall site (£550k) and a Public Works Loan (£400k) through Barnham Parish Council. The final push to raise the last £150,000 will be launched shortly to ensure the new Hall can be constructed to its full spec.

The special ceremony to 'cut the first turf' on Saturday 9th June 6.30pm will take place at the start of Music in Murrells Field, a new outdoor concert featuring Queen tribute band Flash. www.musicatmurrellsfield.co.uk

# Police reminder about cold calling 'advertising space' dangers

SUSSEX Police are warning people against cold calling telephone scams, where callers claim to be selling advertising or editorial space in police or other emergency service publications.

Cold call selling tactics are not employed by police forces in Britain either internally or via external agencies. Sussex Police does not accept paid advertisements for any of its publications.

Several businesses have reported receiving such approaches over the past week by callers claiming to represent "West Sussex Police". Some have parted with money.

A Sussex Police spokesman said: "If you are contacted by a cold caller over the phone or via email who asks for personal or financial details, treat them with suspicion. Do not part with any money without verifying the caller is who they say they are and you have seen a previous publication.

This type of scam is not new, and is reported in all parts of Britain from time to time.

"If you have concerns about someone claiming to represent the force or if you receive a suspicious call, please contact us on 101 or your local Trading Standards Office."

# Volunteers given salt spreader to fight winter weather

A NEW salt spreader has been purchased by volunteers from the Lavant Valley to help get their communities moving in winter weather.

The SEWCREST group, which represents the villages of Singleton, East Dean and West Dean along with the Weald and Downland Open Air Museum and the West Dean Estate, bought the mobile salt spreader with a Big Society grant approved by West Sussex County Council.

Fed up with the difficulties caused whenever snow and ice strikes their rural roads, the small network of half a dozen volunteers approached the County Council to ask for their own equipment to clear it.

SEWCREST volunteer Nick Conway, who works for the Weald and Downland Open Air Museum, said: "Anytime we get snow it collects on all the back roads, packs down into frost and becomes very treacherous.

"That is why we needed this salt spreader - it will help make the roads safer for people in Singleton, East Dean and West Dean during the winter."

The County Council was impressed by SEWCREST's application and awarded the group £5,600 from its Big Society Fund to buy it outright.

Nick will train some of his fellow volunteers to use the salt spreader and once winter comes they will salt the rural side roads as and when they need to.

Local County Councillor Mike Hall, Chairman of South Chichester County Local Committee, who made the application on SEWCREST's behalf, said: "This ticks all the right boxes for the Big Society because it allows these communities to help themselves, particularly as this area is so rural it is the last place you would expect to see a salt spreader."

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# Local funding to be awarded in North Chichester

THE LATEST round of community grants will be agreed by North Chichester County Local Committee this month

The Committee meets on Tuesday June 10, at 7pm, at Rogate and Terwick Village Hall, North Street, Rogate, GU31 5BH

The Committee will consider grant applications for Community Initiative Funding, and applications for Prevention and Wellbeing funding for the coming year, as well as receiving a report on the grants awarded over the previous year

Committee Chairman Nola Hendon said: "We've entered a new year for our Community Initiative Fund. The fund supports local projects that benefit our communities and I would encourage any local organisations or groups to put in an application for a grant if they have a particular project coming up that they need some additional support for."

Also on the agenda is the 'talk with us' item where residents can raise any issues or concerns they have to their local County Councillors

To see the agenda or find out more about the Community Initiative Fund and how to apply for grants, visit the County Council's website at www.westsussex.gov.uk

# A helping hand to volunteering

IF THE JUBILEE celebrations and the Olympics have inspired you to consider volunteering, a new drop-in service can help you get started.

The Chichester Volunteer Centre, operated by Voluntary Action Arun and Chichester (VAAC), runs a regular drop-in and outreach service across the Chichester District. From this week, a new drop-in session will be held in the reception of Chichester District Council's main office at East Pallant House on Thursdays from 9am-1pm. This is in addition to the well-established Tuesday morning session held in New Park Centre, Chichester.

"There's never been a better time to start considering volunteering," says Cllr Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services at Chichester District Council.

"The Jubilee celebrations and the Olympics are relying on the effort and enthusiasm of thousands of volunteers – and this week is National Volunteer Week. So if you've been inspired to find out more about getting involved in volunteering, then the local volunteer centre can help you get started. They can help you find volunteering opportunities that suit your interests and skills. They have regular contact with a wide range of local groups and organisations who let them know about new opportunities."

Hilary Spencer, from VAAC / Local Volunteer Centre, says: "We have two new members of staff who have recently joined the Volunteer Centre - Chris and Claire. They are on hand to help you find the right opportunity. And don't think that you don't have the time to volunteer. We also support Skillshare West Sussex, a website that helps you find bite-sized volunteering opportunities. Please call us or come and see us to find out more."

For more information, please pop in to one of the sessions in the district or contact VAAC on 01243 864220, cvc@vaac.org.uk or go to www.vaac.org.uk

# Appeal for owner of stolen bike in Chichester

POLICE are trying to trace the owner of a stolen bike which was recovered after a youth was arrested for shoplifting in Chichester.

The white ladies' Ridgeback Rapide was being ridden by the 17-year-old when officers were called to Lidl in Portfield Way, Chichester, on May 28 following an allegation of theft from the store.

The youth was subsequently charged with shoplifting and theft and is due to appear at Chichester Youth Court on 13 June.

A police spokesperson said: "Whilst we believe the bike is stolen, we have had no reports of it being taken and therefore are unable to identify the loser. If anyone recognises the description of the bike and thinks it may belong to them, we would ask them to contact police on 101, quoting serial number 0710 of 28 May."

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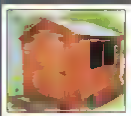

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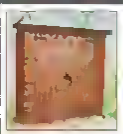

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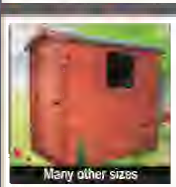


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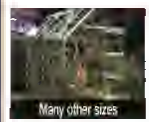


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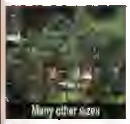


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# Golden ticket competition

CHICHESTER HERALD readers have the chance to win tickets to attend an exclusive preview of The Novium, Chichester District's new museum located in Tower Street, Chichester

The Chichester Herald has 5 Golden tickets to give away to attend a special preview on Saturday 7 July Each ticket will allow four people entrance to the event, where they will be greeted by a special guest

To stand the chance of winning a golden ticket, please send your name, address, email address (if you have one) and telephone number to:

Chichester Herald Golden Ticket Competition
Public Relations Team
Chichester District Council
East Pallant House
1 East Pallant House
Chichester
PO19 1TY

Alternatively, you can email publicrelations@chichester gov uk using the title 'Chichester Herald Golden Ticket Competition' and provide the same details as outlined above.

The closing date for the competition is Friday 22 June Please note that at least one of the four people using a Golden Ticket must be over 18

The Novium museum will tell the story of the Chichester District over the past 500,000 years One of the special features of the museum is that it has been built to show the remains of the Roman baths of the city of Novomagus Regnorum – one of the many wow factors you will see The remains of the baths were found in the 1970s, and lay preserved under a car park until the new museum could be built. The remains are now uncovered for visitors to see for the first time and are the main feature on the ground floor Also, look out for the curiosities case, the Jupiter Stone and the Chilgrove Mosaic. Plus, take in the breath taking views of the cathedral on the second floor, where you can 'touch the view' with chimney pots and cathedral stone placed near the window. You can also search for interesting finds; try on a Roman outfit, and even make your own mosaic! See www.chichester.gov.uk/thenovium for more details.

# Riding to Paris to make a difference

A LOCAL man is cycling 360 miles to Paris to raise money for charity

Graphic designer Andrew Brabyn, of Fix8 Design, Emsworth is cycling from London to Paris over three days starting on the 21st of June.

Andrew lost both parents to cancer within a year of each other and wanted to combine his love of cycling with a cause close to his heart and has got together with four friends to set up a team "St Peregrine VC" named after the patron saint for cancer to raise as much money as possible for Cancer Research UK.

They have entered the legendary L2P (London to Paris) cycle event billed as "The professional event for amateurs".

Andrew and co have spent the last six months training come rain or shine and have covered over 2,000 miles each in the Hampshire hills

The event starts at Hampton Court on the 21st June and weaves its way down to Dover over 120 miles on anything but a flat route. A quick ferry, and the next stage on the 22nd will cover another 120 miles from Calais to Amiens The last stretch sees the group head from Amiens across some beautiful countryside before entering Paris and finishing on the Champs-Elysees the same finish as famous Tour De France. Luckily they will have a police escort into Paris at the end of their epic ride and am sure emotions will run high.

If you d like to show your support you can donate online at: www justgiving com/St Peregrine-VC

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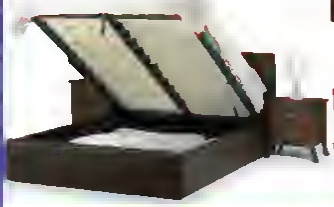

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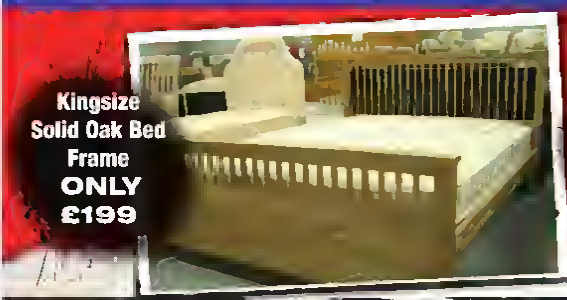

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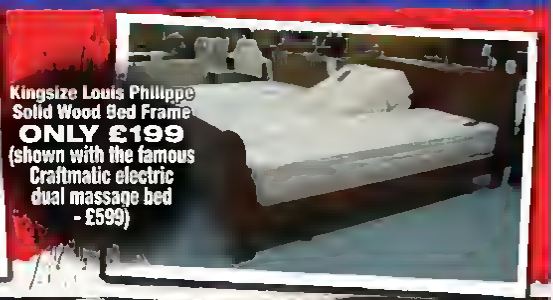

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# Local charities welcome national research on the plight of unpaid carers

CARERS' charities, Crossroads Care South Central, welcome UK-wide research on unpaid carers which shows they can struggle on for years looking after sick or disabled family members or friends without help

The study is from the new leading carers' charity Carers Trust of which Crossroads Care South Central are Network Partners.

The research shows that almost two thirds (64%) of the carers asked said that apart from family and friends they have never accessed any other support or services such as respite breaks or counselling. Six in ten (60%) of those that have been caring for more than five years have done so without accessing any additional support.

Of those who have sought out extra help, almost half (46%) did so after they were made aware that assistance was available specifically for carers, according to a survey of 500 unpaid adult carers. The research was carried out by YouGov for Carers Trust which works to ensure that information, advice and practical support are available to all carers across the UK through its Network Partners.

Eric Geddes, CEO Crossroads Care South Central (West Sussex and Hampshire), said: 'As this survey shows many unpaid carers struggle on without accessing any support. We provide services for over 2,000 carers in West Sussex and Hampshire, but we know there are many more out there who could benefit from the support we offer. Carers tell us that even a little bit of support can make a tremendous difference to their lives.'

Battling on as a carer without support can lead to serious problems in carers' lives. Almost six in ten (59%) carers said that being a carer had a negative impact on their working life. And almost six in ten (58%) of the carers surveyed said that their mental health has been affected by being a carer while more than a quarter (27%) said both their physical and mental health has been adversely affected by their caring role.

Tony looks after his wife Rosesna round the clock. She suffers from Pick's Disease, a rare form of dementia. He said: 'Crossroads are a life saver. Without them I wouldn't survive. It would mean my wife would have to permanently go into a nursing home and it's my intention to keep her at home until I can.'

Film and TV stars Helen Mirren and Dame Judi Dench are among the well known names supporting Carers Trust. Dame Judi Dench said: 'There are almost six million carers in the UK and the number is rising. Many of those carers are unaware of the support that is available to them and

continue looking after their family or friends without any help and often at a cost to their own health and wellbeing.

Carers Trust, recently formed by the merger of The Princess Royal Trust for Carers and Crossroads Care, works to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.

Her Royal Highness The Princess Royal, who has agreed to be President of Carers Trust said: 'Carers Trust will provide a united and stronger voice for unpaid carers which will enable us to continue to raise awareness of carers' issues with Government, other policy makers and the general public and hopefully increase funding opportunities to develop and deliver the services so needed by carers and those they care for.'

Carers can get help by going online at www.crossroadscare-sc.org or contacting admin@crossroadscare-sc.org or phone 01903 790270 (West Sussex), 02392 892010 (Hampshire).

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# Cosmetic Surgery.

Thinking of having cosmetic surgery? Mr Charles Durrant, Consultant Plastic Surgeon will be hosting a free talk on Thursday 21st June. Whether you're looking to lift, nip and tuck, reduce or enlarge, here's the perfect opportunity to get all your questions answered - or simply listen to some good advice. Following this Mr Durrant will be holding a free mini clinic on Thursday 5th July.

## Free Cosmetic Surgery - Talk

**Date:** 21st June 2012
**Time:** 19:00

**Where:**
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78 Broyle Road, Chichester, West Sussex, PO19 6WB

**To book call:** 0800 1218835

Light refreshments will be served.

## Free Cosmetic Surgery - Mini Clinic

**Date:** 5th July 2012
**Time:** 18:00 - 20:00

**Where:**
Nuffield Health Chichester Hospital,
78 Broyle Road, Chichester, West Sussex, PO19 6WB

**To book call:** 0800 1218835

Places are limited, book now to avoid disappointment.
nuffieldhealth.com/chichesterhospital

Nuffield Health

# Suffering with bad hair days

Mia Edwards

MY HAIR is mental. Sometimes it's curly, sometimes it's weirdly straight and sometimes it's a gross mixture of both of them. Usually it's kind of ringletty, so I just about get by with putting it up.

But some of my friends have the most glorious hair, it flicks just like hair is meant to, and sweeps backwards in a way that says god-I'm-so-effortlessly-attractive seven days a week. That's how hair should be – there should be none of this temperamental normalness before it balloons into frizzville. I shouldn't have to tame it all the time. I should wake up to have it tumble down my back in goddess-like cascades, and then I should be able to shake my head out and have it roll into perfect curls. My stupid fringe should have grown out a year ago. Why shouldn't I have that Clueless style swish?

It's not just me that suffers with bad hair days a majority of the time. I know that some people complain of having the opposite problem: their hair apparently is too 'flat' and 'untextured'. It's hard to feel sympathy when to me, all that means is that it can go into any kind of style and look fab, and that they can wake up every morning with the knowledge that their clips won't bend with the pressure of their hair's thickness (I can usually only wear a hair slide for a few hours before it gives in. Sad times).

What makes the most perfect hair is being able to shape it however you want; some people seem to have amazing, wavy hair some days and perfectly straight hair others. I so envy those who can wear it up OR down looking fresh and tidy all the time.

But then again, there's no point in anyone whining about the whole hair topic too much; when I complain, my straight haired friends get annoyed because they say that I don't have to worry about it being greasy like they do, or about split ends. I guess everyone gets bad hair days once in a while at least – some people can just deal with it better. Plus, as my dad says, I should be grateful; some people have no hair to worry about. He would know how that feels.

# 'Hidden' town centre business spaces to be highlighted by university research project

MAKING use of vacant commercial space in Bognor Regis town centre is the subject of a new research project commissioned by Arun District Council.

The £10,000 project is being conducted by researchers at the University of Chichester, focusing on building space above and behind retail units in the London Road and High Street areas of the town.

The project, led by Dr David Cooper and Gareth Saar, follows on from previous studies by the University into enterprise on the south coast, and is part of the institution's own contribution to the regeneration agenda for the town.

The research findings could also benefit those businesses looking to grow and move out of the University's own business incubator units into the town centre.

Dr David Cooper, Business Development Director at the University of Chichester, said: "We know from previous research there is not much office space in the area, and so there are a large number of home-based businesses, especially in the creative sector. The hidden spaces around retail units could be converted to office space and generate rental income for landlords and bring more people into the town centre."

"Our research will identify what these home-based businesses are looking for in commercial space and working with landlords we aim to develop a proposition that would encourage small businesses to move into unoccupied town centre accommodation."

Arun District Council Leader Councillor Gillian Brown said: "We really welcome this important piece of work. As well as identifying these hidden spaces that could be utilised in the future to accommodate existing or new businesses, we also want to hear from people who may be working from their homes and for whom space is a key barrier to growing their businesses.

"Being able to carry out this survey with the University of Chichester demonstrates again the commitment of not just Arun District Council to driving forward the regeneration and economic growth of Bognor Regis but the commitment of our key partners as well.

"We hope that over the coming weeks as the university contacts landlords across the town they help us build a picture of the number of vacant commercial spaces in Bognor Regis town centre and, equally, the demand for it."

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Short Course Tutor at West Dean College

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# ITV3's Superintendent Wycliffe directs Shakespeare at the Arundel Festival

GB THEATRE has announced the cast list for its 2012 Shakespeare productions at the Arundel Festival. The company is making its third appearance at the heart of the Festival where it will be staging open-air performances of The Tempest and The Taming of the Shrew.

Among star names it has lined up for the Castle is that of Jack Shepherd, TV's Superintendent Wycliffe, who will direct The Tempest. Jack is most widely known for his role in the police series Wycliffe, which is currently running on ITV3.

Company Manager of GB Theatre, David Davies said, "Jack is very creative and has a great love of Shakespeare and so we are very excited that he is joining us at Arundel."

The Taming of the Shrew will be directed by freelance director, writer and producer Jenny Stephens whose radio credentials include The Archers for BBC Radio 4. Jenny has worked with Birmingham Rep and Bristol Old Vic and was responsible for the fabulous production of The Merry Wives of Windsor at Arundel in 2010 August.

Among actors in this year's two plays are Dermot Canavan whose small screen appearances include Silent Witness and Daniel and Fascoe for the BBC and Where the Heart Is and Celebrity Stitch Up for ITV. Dermot was also in the original London cast of Hairspray and his radio credits include Front Row. At Arundel he plays Tranio in Shrew and Stephano in Tempest.

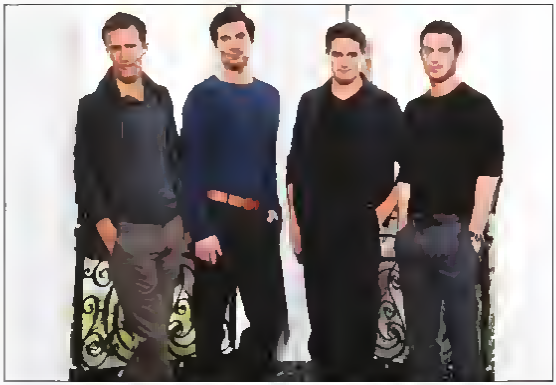
Veteran actor Peter Dineen, who plays Christopher Sly in Shrew and Trinculo in Tempest, is another well-know face whose television appearances have included the series Father Ted, Judge John Deed, London's Burning and Arrivederci Millwall. Peter said he was delighted to be working with GB Theatre.

David Dawes, who plays Petruchio in Shrew and Antonio in Tempest, has appeared and directed in both GB Theatre Company's previous appearances in the town. David is a Shakespeare expert who has spent his career touring the world in many of The Bard's most famous roles while working with numerous Shakespeare companies. His television credits include Stingers, The Sleepover Club, and Bush Patrol.

This year's Shakespeare menu will again be served in the Castle's stunning Collector Earl's Garden between 23 and 25 August and tickets are on sale now the Castle's website at www.arundelcastle.org.

David added: "It is very exciting to have any other opportunity to bring our productions to the Collector Earl's Garden which is a magnificent and idyllic open air setting for Shakespeare."

Arundel Festival is one of the major highlights of August on the south coast with the towering walls and sublime gardens of Arundel Castle at its heart. As well as Shakespeare, the Castle is playing host to the award-winning classical vocal quartet Blake. The highly talented ensemble appear in the Barons' Hall on Monday 20 August at 7.45pm. Tickets are limited, so early booking is advised.



The quartet, comprising Ollie Baines, Humphrey Berney, Jules Knight and Stephen Bowman have given numerous live performances at sporting events but have also made a name for themselves by regularly singing for charity. They have also toured internationally with world renowned artists such as Katherine Jenkins.

Making a return visit to Arundel Castle after more than 10 years is the Syd Lawrence Orchestra. On Tuesday 21 August they will treat Festival fans to a wonderful al fresco performance in the Collector Earl's Garden.

Originally founded in 1967 by trumpeter and arranger Syd Lawrence, the Orchestra is renowned for its exciting blend of high octane "big band swing" and classic dance music. Its repertoire ranges from Glenn Miller through the era of the great Count Basie Orchestra to the hit songs of Frank Sinatra and Ella Fitzgerald.

The Orchestra, directed since Syd's retirement in 1996 by Chris Dean, will focus on the music of Glenn Miller for a truly nostalgic evening with dancing as an optional extra.

Tickets for all the events are available on line – www.arundelcastle.org

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Chichester Business

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# Chichester's newest food market celebrates National BBQ Week

CHICHESTER'S Little London Food Market at Little London Walk in East Street has celebrated National BBQ Week with a range of local organic meats, including delicious burgers, steaks and sausages from The Goodwood Farm Shop

The market, now in its third week, was formally opened by Chairman of the Judges for the Sussex Food and Drink Awards, Clive Beddall OBE Last week, visitors were entertained in the sunshine by band Five Rob Plot whilst they enjoyed the very best Sussex fare, such as baked goods, fresh fruit and veggies, fine cheeses, chutneys and preserves, alongside tastings from guest producers

Louise Harwood, Manager of Little London Walk's shopping centre, said "Sussex is home to some of the most innovative food and drink producers in the country and the Little London Food Market is proud to be supporting and encouraging local suppliers"

Farmhouse Cookery, specialists in traditional English baking, and Beamoke, the UK's leading naturally smoked ingredients company, were amongst the renowned Sussex

producers serving up their culinary treats at the market. They were joined by Goodwood Farm Shop, Wayside Organics of Ovng, Dearview, Relish in Spice, Sussex Gold and Grau Stead's, amongst others

The Little London Food Market is on every Saturday from 9-4pm at Little London Walk, East Street, Chichester Little London Walk also houses a variety of charming shops: Urban Nature (accessories), Whitby's Photographic (cameras and photography), Dialang (computers), Tuphn (jewellery and dolls houses), Chaves Cafe, By Candlelight of Chichester (candles), Cake Fayre (cakes and cake making), Truly Gorgeous (wedding dresses), Transparent Moon (gift shop), and Manuka Wholefoods (organic food and health products).

# Signing of a special kind

CHICHESTER Waterstones are delighted to be setting the scene for a book launch and signing of a special kind this Tuesday 12 June, as renowned actress, award winning filmmaker and well respected campaigner for elder people's rights Amanda Waring takes their stage at 12 noon, with some very special guests in attendance

Reviewed as a much needed and long awaited guide to compassionate person-centred elder care, Amanda will be celebrating the publication of her new book The Heart of Care by Souvenir Press, a continuation of her work to raise awareness and educate others within this necessary area of understanding

Following on from her award winning film What Do You See?"starring Virginia McKenna as a stroke victim, the book combines anecdote, practical advice and role model exercises to help inspire, teach and motivate carers, relatives and caring professionals alike in a society that's found to be in need of greater emotional intelligence with caring for our elders.

Experiencing firsthand how a lack of dignified could have such a devastating effect on an individual, losing her own mother a few years ago compelled Amanda to want to make a difference. After being diagnosed with leukaemia at the age of 70 Amanda's mother, the well-known English actress Dame Dorothy Tutin required care and treatment as her condition worsened. The journey of finding the right care for her mother was not without its heartache however, as Amanda witnessed with her own eyes how a lack of dignified care had such a devastating effect on her mother's mind, body and spirit. After fighting for a better solution, Amanda managed to arrange for her mother to be transferred to another hospital, where she felt she would be treated with respect.

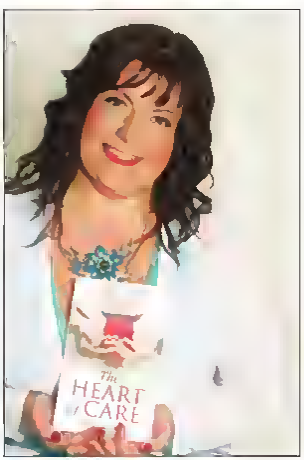
'My mother needed to be treated as the person she was inside and not seen as a series of symptoms' commented Amanda 'And it was the right decision to move her. The staff in the next hospital were friendly and communicative and Mama's spirits rose, which helped her to face the gruelling treatment that lay ahead'

Haunted by the memory of the undignified care that her mother and so many older people had endure, Amanda acted and discovered a way to change attitudes, starting a crusade to ensure that older people were treated with kindness and compassion and to demonstrate the effect of thoughtless and sometimes abusive behaviours.

Having spoken at conferences around the world and through the media since, as well as launching the Governments Dignity Council, which now has an incredible 38,000 members nationwide, Amanda's respect and knowledge within the field of compassionate care is second to none With her films and materials endorsed by the Royal College of Nursing, care homes, hospitals and domiciliaries, the publication of the book is already greatly welcomed.

'I am on a mission with this book, to celebrate those aspects of care that are truly working, namely focussing on the experience and quality of life of those you care for' Amanda explained 'Through it I also share innovative ways to support relatives and friends when the going gets tough as I know so well the challenges of caring for a loved one until the end of life I know what that is like With an ageing population this country needs to support, value and inspire caring professionals to give the best care that we can I will never stop trying to inspire caring professionals with the humanity they need to show to support the emotional and spiritual needs of our elders, how to care with love and dignity".

Further details about the launch and book signing can be obtained through contacting the Chichester store or by contacting kylee@mindseyemanagement.com.




The Heart of Care for Souvenir Press is priced at £15.00 and is available through all good book shops (including online retailers).

Amanda's Films can be purchased through her website www.amandawaring.com and extracts can be seen on her YouTube channel Amanda Waring Films

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Chichester Business

# Wedding Fayre takes in Southsea

THE PLAZA SUITE at the Pyramids Southsea is the venue for our Wedding Fayre by the sea, with over thirty five fantastic exhibitors, you will see the very best bridal dresses. Fantastic flowers will be on show, beautiful cakes, amazing makeup and hair designs, stunning photography and so much more.

Looking for a wedding gown? We have three bridal dress companies exhibiting just for you.

One of our exhibitors will be selling Designer Wedding Dresses on the day, from as little as £350.00... so first come first served!

Dip strawberries into the chocolate fountain and taste some amazing cupcakes; There will be live singing throughout the day, so plenty to see and do.

Outside you will see a fine selection of wedding cars, see London Taxis modified as wedding cars in Old English White with deep red Leather interiors, see an impressive Grand Illusion Party Bus and stretch limousines, Classic beauforts and an edwardian style sungleton. There are fun taxis the ultimate grooms car, and a pink one for the ladies!

We look forward to seeing you there.

Opening 10.30 am to 3.30 pm with plenty of local parking.

PMN Wedding fayres Ltd supports the Great Ormond Street Hospital.

On Sunday the 1st July PMN Wedding Fayres will be holding their spectacular summer wedding fayre at the glorious Cams Hall near Fareham Hampshire; we have what we consider to be the very best wedding suppliers in the county. This is the fayre of the year and not one to miss.

Other fayres for the Autumn Season. The Portsmouth Marriott, Old Thorns Liphook and the Solent Hotel Whiteley and the stunning Chichester Cathedral. Please see www.pmnweddingfayres.co.uk for further details.

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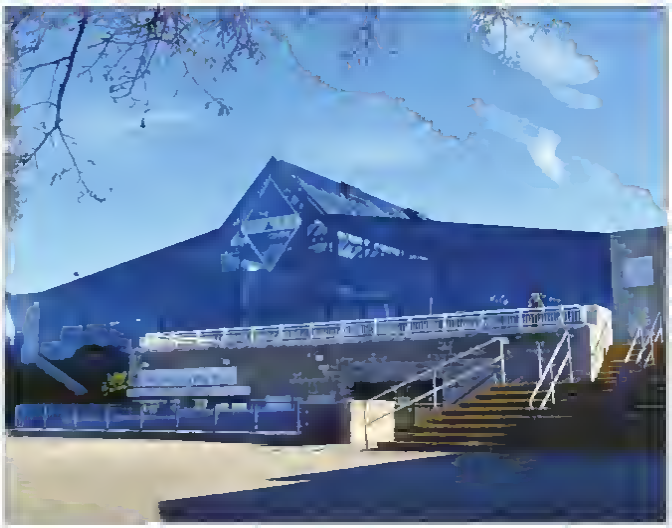

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# Entertainment

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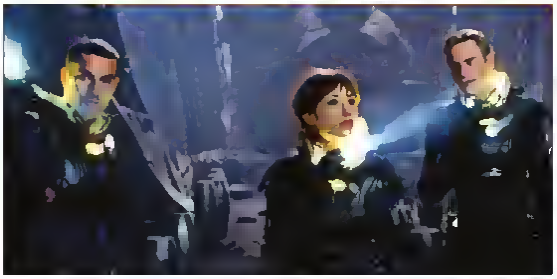
## Prometheus (15)

★★★☆☆ THREE out of Five stars

**Running time** 124 mins
**Director** Ridley Scott
**Starring** Noomi Rapace, Michael Fassbender, Guy Pearce, Idris Elba, Charlize Theron, Logan Marshall-Green, Rafe Spall, Benedict Wong

**Ridley Scott's sort-of Alien prequel has stunning visual effects, gorgeous production design, a couple of terrific set pieces and superb performances from Rapace and Fassbender - but it also suffers from an uneven, frequently dull script, a lack of characterisation and a plot that completely falls apart under close inspection.**



**What's it all about?**

Directed by Ridley Scott, Prometheus is set in the same universe as the Alien franchise, though isn't exactly the prequel that die-hard Alien fans have been hoping for. The film begins in 2089, with scientists Shaw (Noomi Rapace) and Holloway (Logan Marshall-Green) discovering a series of matching cave paintings that constitute a star map; we then fast-forward a few years to find them emerging from cryo-freeze aboard the starship Prometheus, alongside android David (Michael Fassbender), no-nonsense corporate honcho Vickers (Charlize Theron), cigar-chomping ship's captain Janek (Idris Elba) and sundry other red shirt types (that's Star Trek for "expendable").

When the Prometheus arrives at its destination, the scientists boldly go forth and quickly discover evidence of a humanoid super race that seems to hold the clues to the origins of man. However, they also discover another, more tentacle-based life form on the planet and it isn't long before the slimy creatures are causing all sorts of problems. Meanwhile, one of the crew seems to have an agenda all their own.

**The Good**

As flawed and frustrating as it is, there's a lot to like about Prometheus, first and foremost of which is Fassbender's superb performance as David: one of the film's best sequences involves just following David's daily skateboard routine while he waits for the crew to wake up. Rapace is terrific too, emerging as the de facto heroine just as Ripley before (or, technically, after) her, while Theron (excellent, as always) is actually more chilling here than she was as Snow White's Wicked Queen.

On top of that, the H R Giger-inspired production design is stunningly beautiful and the effects are superlative (see it in IMAX if humanly possible), while Scott orchestrates a couple of thrilling set-pieces, the highlight of which is a nail biting sequence set inside a medi-pod.

**The Bad**

The main problem is that the busy script tries to do too much, without ensuring that all the pieces are going to fit together properly (for example, a key character's motivations remain unexplained throughout), consequently, the increasingly frustrating plot falls apart the moment you start to analyse it (though the film will undoubtedly inspire great post cinema pub discussion). On top of that, the dialogue is often dull and there's a frustrating lack of characterisation outside of the small handful of main characters, meaning that you never really care who lives and who dies.

**Worth seeing?**

Die-hard Alien fans are advised to significantly lower their expectations, though if you're not emotionally invested in the franchise per se, Prometheus is an enjoyable, if flawed sci-fi thriller that's worth seeing for Fassbot and Noomi Rapace.

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Send your [illegible] and a contact phone number to ***competition@chichesterherald.co.uk.*** One lucky winner will be selected [illegible] at midday. The winner will be notified later on that day.

• Last weeks winner is Chris Farmer from Chichester

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# 'Music in Murrells Field'

**A New Music Event for Barnham**
**Saturday 9th June**

IN WHAT promises to be a fun evening to continue the Diamond Jubilee Celebrations, the music of Queen will be throbbing through the Village of Barnham on Saturday 9th June at the new Music in Murrells Field outdoor concert.

Staged in the beautiful setting of Murrells Field, off Yapton Road in Barnham, it is hoped that over 1,000 people will come along to experience leading Queen tribute band 'Flash'. From Killer Queen to Bohemian Rhapsody, 'Flash' epitomise the power and uniqueness of the Queen phenomenon. Wowing Queen fans and music lovers of all ages, they are rightly rated as one of the leading Queen tribute acts on the circuit today!

Organised by local fundraising group BLADE (Barnham Leisure and Amenities development Enterprise) Music in Murrells Field continues Barnham's tradition of staging major events for local people to enjoy, and, very importantly, will help towards the final drive to complete the funding for Barnham's impressive new Community Centre and Hall. "Music in Murrells Field is a major new event on Barnham's calendar and, with the Queen's Jubilee celebrations on everyone's mind, the music of Queen seemed very appropriate", said BLADE publicity officer, Steve Oates. "But our aim is for the evening to also give our fundraising a boost, to help complete the last 10% of the funding for our new Community Hall".

With 90% of the £1.1m funding already in place, at the start of the Music in Murrells Field evening, there will be a special ceremony to cut the first turf to begin building the new Community Hall. (See separate news release)

As well as enjoying the music of Queen, the evening will also feature popular West End band Star, playing some of the greatest music of our time with solid gold hits from the likes of The Beatles, Lulu, Earth Wind & Fire, Kool & The Gang, the 80s New Romantics, Madness, Robbie, Kylie, Amy Winehouse, Take That and many more!

Music in Murrells Field takes place on Saturday 9th June 2012, from 6pm to 11pm.

Tickets and more details are online at www.musicatmurrellsfield.co.uk

All proceeds will go towards the construction and fitting-out of Barnham's new Community Hall.

# Society's Open Day

CHICHESTER and District Society of Model Engineers are pleased and proud to welcome Debbie Mabbitt, the popular Chichester celebrity entertainer, to their site in Blackberry Lane, where she will formally open their new 00 gauge model railway layout, Blackberry Junction, at the "Steam on Sunday" open afternoon on Father's Day, Sunday 17 June, at 2pm.

Debbie took part in the recent productions of Christopher Fry's The Boy with a Cart, at St Pauls Church and in The Minerva Theatre, and took a starring role in Gift and Sign last Christmas. She is also a long standing member of Chichester Players and Christ Church Singers.

The new model line has three circuits of track, each with its own controller and a donations box.

Visitors are encouraged to bring in, and run, their own 00 locomotives for testing and diagnosis. Knowledgeable staff will be on hand to answer questions.

Admission to the site of The "Steam on Sunday" open afternoon in Blackberry Lane, off Bognor Road, in East Chichester, West Sussex PO19 7FS is free and will be between 2pm and 5pm.

Train Rides will be offered to visitors behind several different miniature Steam and Diesel Locomotives, tickets for rides will be £1 each, for adults or children.

Further details are on our Website www.cdsme.co.uk

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**Fri 8 Jun.** 13.30 The Pirates; 13.30 Film Course (Lord of the Flies), 15.45 All in Good Time (12A) 93m, 18.00 Beloved (15) 136m, 21.00 The Dictator (15)

**Sat 9 Jun.** 13.30 The Dictator, 15.45 Beloved, 18.45 All in Good Time, 21.00 The Dictator

**Sun 10 Jun.** 13.00 The Great Dictator (U) 125m, 15.45 The Soul of Flies (plus Q&A) 95m, 18.00 Beloved, 21.00 The Dictator

**Mon 11 Jun.** 12.00 The Dictator, 14.25 All in Good Time, 16.30 Beloved

**Tue 12 Jun.** 13.30 All in Good Time, 15.45 The Dictator; 18.00 Beloved, 21.00 BabyCall (15) 96m

**Wed 13 Jun.** 13.00 Beloved, 15.45 All in Good Time, 17.30 The Dictator

**Thu 14 Jun.** 13.30 The Dictator, 15.45 BabyCall, 18.00 The Dictator; 20.15 Beloved


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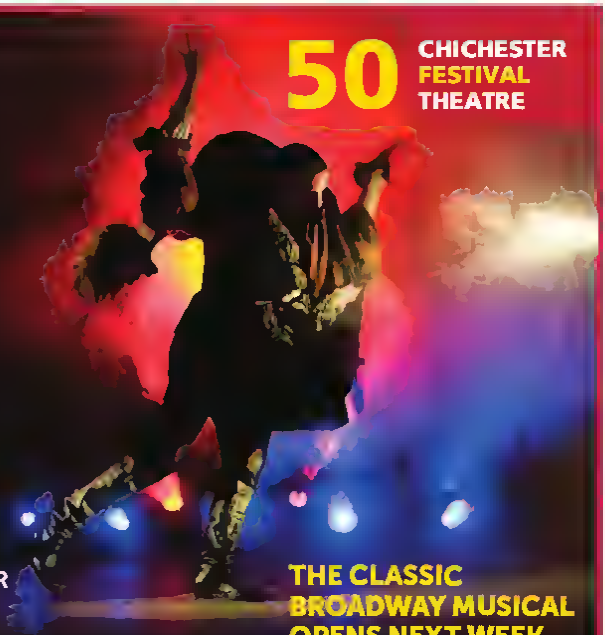

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# SATURDAY'S TV 9 06 12

## CHOICE

**Lee Mckenzie**

**Formula 1: The Canadian Grand Prix – Qualifying Highlights**
**BBC2, 10.30pm**
Lee McKenzie presents the best of the action as what has been a thrilling season so far continues with the battle for pole ahead of the seventh round in Montreal. Red Bull's Sebastien Vettel finished ahead of the field to claim his sixth pole position in seven races during the 2011 campaign. Six different drivers have taken the honours in as many Grands Prix at the start of the campaign for the first time in Formula 1 history and with the likes of Hamilton yet to taste victory a seventh different winner cannot be ruled out

## BBC1

**6.00** Breakfast **10.00** Saturday Kitchen Live **11.30** Raymond Blanc's Kitchen Secrets (R) **12.00** BBC News: Regional News Weather **12.15** British Olympic Dreams. The progress of global athletics training for London 2012 **1.15** Bargain Hunt (R) **2.00** Spitfire in the Attic (R) **2.30** Homes Under the Hammer (R) **3.30** Escape to the Country (R) **4.30** Watch of the Day Live: Euro 2012 Netherlands v Denmark (Kick-off 5.00pm)

**7.10 BBC News**, Regional News Weather

**7.30 Watch of the Day Live: Euro 2012** Germany v Portugal (Kick-off 7.45pm) Gary Lineker presents coverage of the Group B clash at the Arena Lviv in Ukraine, where the ideal begin their quest to top glory

**10.00 BBC News**, Weather

**10.20 The National Lottery Saturday Night Draws** DJ Borg reveals the lucky, important winning numbers, including the results of the Lotto and Thunderball draws

**10.30 Formula 1: The Canadian Grand Prix – Qualifying Highlights** The Canadian Grand Prix qualifying session. Action from the battle for pole position in the seventh round of the season at the Circuit Gilles Villeneuve in Montreal. National Lottery Update

**11.40 Film: Razzen** (1966) An ageing boxer's hard fight to deliver on the promises with new talent he's seen by placing a bounty on their heads. Thrilla remake with Mel Gibson, Rene Russo and Gary Sinise.

**1.40 disneynow 1.35** BBC News

## BBC2

**6.00 Cbeebies. 7.00** CBBC **12.15** The Sky at Night. (R) **12.35** Film: Klondike, East of Java (1964) **2.45** Film: Gabbi (2006) **4.30** Coast (R) **5.35** Flog It! (R)

**6.35 Mike Dawn Freedom's Girls Who Do Comedy.** The comedienne talks to Victoria Wood, who reveals her girl group's younger days, as Joyce Grenfell performs and admits that for a long time she could not relax during stand up (R)

**7.00 Victoria Wood: A Bafta Tribute.** Jane Wellens, Lucy Henry, Richard Gibbard and Jim Broadbent gather to raise a glass here during the much-loved entertainer offering an opportunity to look back over her career (R)

**8.00 Jools Holland: London Calling.** The pianist embarks on a journey through the classic Hammersmith Palais music halls and rock 'n' roll venues in London to uncover the history of the city through its songs

**10.15 London Songs in Film: BBC.** A collection of performances from the BBC archives

**11.15 Film: Tobacco Road: The Joe Meek Story** (2005) Premiere. Biopic of the 1960s record producer, starring Cian O'Neill

**1.15 Film: Sugarhouse** (2007) Crime thriller with Steven Mackintosh **2.40** Close

## ITV1

**6.00** ITV: Mine ITV **7.25** ITV **8.25** Saturday Cookbook **9.25** ITV News **9.30** The Jeremy Kyle Show **10.25** The Jeremy Kyle Show: USA **11.20** The Real Housewives of New York City **12.20** You've Been Framed! (R) **12.50** ITV News Weather **1.00** Live French Open Tennis **4.45** All Star Family Fortunes **5.35** Regional Programme Weather **5.45** ITV News Weather

**6.00 The Greatest Footie Ads Ever.** (R)

**7.00 You Cannot Be Serious!** Alastair McGowan presents a topical entertainment show mixing clips, sketches and stand-up routines on the week's biggest and most talkable-about sporting events

**7.30 All New You Are in the Arena** All Comedian Harry Hill narrates a selection of camcorder calamities and viewers' mobile phone footage

**8.00 Agatha Christie's Poirot.** A cleaner is found dead in her home and suspicion immediately falls upon her lodger, his Superintendent Spence begins to question the suspects (R)

**10.30 ITV News Weather**

**10 15 Euro 2012 Highlights** Netherlands v Denmark and Germany v Portugal. Action from the opening matches in Group B in Ukraine, staged at this Metalist Stadium in Kharkov and the Arena Lviv respectively

**11 15 60 Minute 30.** Prince William's life in the public eye. (R)

**12 15 The Stars.** ITV News Headlines **2.15** In Plain Sight. (R) **3.00** ITV Nightscreen. **5.00** ITV Morning News

## CHANNEL 4

**6.05 Sali Mali** (R) **6.10 The Hoobs** (R) **6.35 The Hoobs** (R) **7.00** Walkabout: Racing Car **7.25 The Great 7.55 The Motoring Line. 8.05** T4: Nicki Minaj, Day in the Life **9.05** T4: Modern Classics. **10.35** T4: Love Shots **11.10** T4: The Big Bang Theory (R) **11.45** T4: Teenage. **12.50** T4: The Simpsons (R) **1.25** Road to London: Time Trial Paralympic Show **1.55** Channel 4 Racing **4.15** Channel 4 Presents – Nelson Stephens "Warrior" (R) **4.20** Come Dine with Me (R) **4.00** Come Dine with Me (R) **8.25** Come Dine with Me (R)

**8.55 Come Dine with Me** Alice Colgrove hosts the penultimate dinner party in Manchester (R)

**9.25 Come Dine with Me** Rina student Dennis Kerghson-Foster hosts the final dinner party in Manchester (R)

**6.55 Channel 4 News.**

**7.20 4thought. Is**

**7.30 Film: Definitely, Maybe** (2008) Ashton in the eve of his divorce tells her daughter about her life has she was married, including how he met her mother. Romantic comedy with Ryan Reynolds and Abigail Breslin

**8.40 Obituary: Queen Jubilee Special** An edition looking at the Queen's Diamond Jubilee

**10.25 Alex Carr's Summertime Spectacular** with David Williams, Justin Rimmer, the Saturdays, Puzzle Kicks and the Cast of Made in Chelsea (R)

**12.35** Stand Up for the Nasks. (R) **1.30 Film:** Bombion el Psmo (2004) **2.35** Southend. **3.35** St Elsewhere (R) **4.25** Smallville (R) **5.05** Countdown. (R) **5.50** Ebook on Path. (R)

## CHANNEL 5

**6.00 Milkshake! 10.00** Inside Hollywood **10.10** Pokes' Interruptors (R) **11.10 Big Brother's Exclusive** (R) **12.10 Film:** The Secret Garden (1993) **2.10 Film:** Random Hearts (1999) Romantic drama, with Harrison Ford and Kristin Scott Thomas **4.40 Film:** Steel Magnolias (1989) Drama, with Sally Field, Dolly Parton and Julia Roberts (R)

**0 55 5 News Weekend**

**7 00 Cricket on 5** England v West Indies: Highlights of day three of the Third Test at Edgbaston in Birmingham

**0 00 NCIS** The agent's learn some of their former investigative assistant's has been murdered and half-brain selling information about how to ride a wave heads Crime dermal, starring Mark Harmon (R)

**0 00 Law & Order: Special Victims Unit** A teenage girl is hurt in a fall but doctor discover she is also suffering from injuries sustained in an attack, putting Benson and Stabler on one search be her assistant.

**1 0.00 Big Brother.** Highlights of another 24 hours in the Big Brother house including coverage of the Live eviction as seen from the point of view of the contestants

**11 00 10 Things I Hate About 1906** Robert Webb narrates an unpleasant trip down memory lane beginning by recalling the world music TV shows toys, news stories and celebrity moments of 1906 (R)

**12 00** Super Casino **3.50** Nick's Quest **1.5. 4.00** Rough Guide to Short Breaks (R) **5 00** Hana's Helpline (R) **5.10 The Milkshake!** Show (R) **5.35** Inspirals & Friends (R) **6.35** Krazy the Racing Car. (R)

## OIGITAL

**BBC Three**

**7 00** Doctor Who **7 00 Film:** Pirates of the Caribbean: At World's End (2007) Fantasy adventure sequel starring Johnny Depp **10 35** Russell Howard's Good News **11 00** Family Guy **11 45** American Dad!

**BBC Four**

**7 00** Talk at the BBC **8 00** Elegance and Decadence: The Age of the Regency **9.00** Spiral 2: Gangs of Paris **10 40** Timeshift: The Golden Age of Trains – A Streetcar Name 8 Desire **11 40** Wonders of the Solar System

**ITV2**

**6 10 Film:** Richie Rich (1994) **7 10 Film:** My Bean's Holiday (2007) **9 00 Film:** The Holiday (2006) Romantic comedy starring Cameron Diaz and Kate Winslet **11 45** Britain's Got More Talent: Katie and Pete Unleashed

**ITV3**

**3 00** Murder She Wrote **6 55** Agatha Christie's Poirot **7 00 Film:** The Likely Lads (1976) **9 00** Susan Boyle: An Unlikely Superstar **10 00** Lewis

**ITV4**

**12. 30** Live French Open Tennis **7.00** The Motorbike Show **8 00** An Audience with Kelly Osbourne **9 10 Film:** The Krays (1990)

**E4**

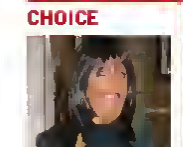
**3 40** Charlie's Angels **4.35** Revenge **5 00** How I Met Your Mother **8 05** The Big Bang Theory **8 35** Kaiser Il Engagement **9.10** How I Met Your Mother **9 40 Film:** Charlie Wilson's War (2007) Comedy-drama starring Keanu Reeves and Rachel Weisz **11. 00** The Big Bang Theory

**Film4**

**3 20** Aliens in the Attic (2009) **5 00** The Simpsons Movie (2007) **6 45** The First Wives Club (1996) **8 00** Star Trek (2009) **11 25** The Hills Have Eyes 2 (2007)

# SUNDAY'S TV 10.06.12

## CHOICE



**Shelle Ferguson**

**The Royal History of Pop**
**Channel 4, 10pm**
The recent Diamond Jubilee concert, which saw current chart stars like Jessie J, Ed Sheeran and JLS joining knights of the realm Paul McCartney and Cliff Richard to pay tribute to the Queen may have left some old punks nostalgic for 1977, when the Sex Pistols were advocating Anarchy in the UK and it wasn't cool to cosy up to the establishment. But as this documentary points out, the link between pop and the monarchy dates back long before Gary Barlow was composing songs for Elizabeth II – in fact, the love-hate relationship has existed since the birth of rock n roll

## BBC1

**6.00** Breakfast **9.00** The Andrew Marr Show **10.00** Sunday Morning Live **11.00** Country Tracks (R) Weather for the Week Ahead **12.00** Sunday Politics **1.00** Bargain Hunt (R) **1.45** Homes Under the Hammer (R) **2.45** Escape to the Country (R) **3.45** Penguin Island. (R) **4.15** Britain's Lost Routes with Griff Rhys Jones. (R) **5. 15** Pearls of View **5.30** Songs of Praise

**6 05 BBC News**, Regional News Weather

**6 30 Countryfile** The team visits Wilmslow to check where Mott Baker brushes up his tractor skills with Shaston-on-Stour Young Farmers, and Ellie Harrison learns the art of side-saddle riding

**7.30 Antiques Roadshow** Fiona Bruce and Fiona Hamilton head to Kensington Palace in central London, where members of the public share stories of encounters with the Queen from over the past 60 years.

**8.30 The Inspector Lynley Mysteries.** The body of Lynley's missing godson is discovered 12 years after he disappeared, and the detective himself becomes a suspect when the boy's sister is murdered. (R)

**10. 00 BBC News**, Regional News Weather

**10 30 Formula 1: The Canadian Grand Prix – Highlights.** The Canadian Grand Prix. Lee McKenzie presents extended highlights of the seventh round of the season at the Circuit Gilles Villeneuve in Montreal

**12 30 Film:** Sisters Town (2008) Comedy with Thomas Turgoose. **1 00** Weatherview **1 05** Sign Zone: Two Great Hearts (R) Hungry (R) **2.40** Holby City (R) **3 40** Over the Time. (R) **4 40** BBC News

## BBC2

**8.00 Cbeebies. 7.30** CBBC **10 00** Saturday Kitchen Best Bites. **11.20** Great British Menu. (R) **12.30 Film:** When Dinosaurs Ruled the Earth (1970) **2 00 Film:** They Came to Conquer Us (1958) Military adventure starring Gary Cooper **4 00** Great British Menu. Heavy displays (R) **4 30** Flog It (R) **5.35 Film:** Secondsky (2001) Romantic drama, starring Kate Beckinsale and John Cusack

**7.00 Opera.** Exploring the world's stars, beginning with the Sea Odyssey off the west coast of Mexico. (R)

**8.55 Timewatch – Queen Elizabeth's Lost Gang.** Documentary about efforts to retrieve 400-year-old cannons from the seabed off Alderney and analyse the surrounding which they were found, which could reveal royal history. (R)

**9.55 Coast.** Exploring the tidal ebb and flow of the seas surrounding Britain including the coastal cliff the coast of Anglesey and the marine wildlife visible from Jersey's Seymour Tower

**10.00 Live to Tiverton: Twilight of the Pore Stars.** Louis revisits the male born snail he met in LA 15 years ago, finding out where they are now and how the business has been affected by the deluge of free material on the internet

**11.00 Match of the Day: UEFA Euro 2012 Highlights.** Rebekah Vardy and Jason Cundy with Gary Lineker and Alan Shearer present action from the respective Group C matches at the Municipal Stadium Poznan and the Arena Gdansk in Poland.

**12.00** Episodes. (R) **12.00 Film:** Deathtrap (1982) **2 20** BBC News. **4.50** Close

## ITV1

**6.00** ITV: Mine ITV **7 25** ITV **8.25** Dinner Date **9.25** Ade in Britain. (R) **10.30** May the Best House Win. (R) **11 .25** The Hungry Sisters. (R) **12.20** ITV News: Weather. **12.30** You've Been Framed! (R) **1.00** Live Friends Open Tennis: The men's singles final. John Inverdale presents coverage of the conclusion of the second Grand Slam tournament of the season, staged at Roland Garros in Paris. Coverage continues on ITV4 **4.15** Euro 2012 Live: Spain v Italy (Kick-off 5 00pm) Adrian Chiles presents coverage of the Group C clash at the Arena Gdansk in Poland, where reigning champions Spain get their campaign under way

**7.00 Region of Programme** Weather

**7.00 ITV News Weather**

**7 15 Euro 2012 Live** Republic of Ireland v Croatia (Kick-off 7.45pm) Adrian Chiles presents coverage live at the Municipal Stadium Poznan in Poland, where the Group C teams play their opening match

**10.30 ITV News at Ten** Weather

**10 15 Film: The Incredible Hulk.** (2008) A scientist who turns into a monster when angry or frustrated by a general who heads to use him as a weapon. Comic book adventure starring Edward Norton and Tim Roth.

**12.35** The Store. ITV News Headlines **2.30** River Monsters: A search for the bull shark in South Africa. Last in the series (R) **3.20** Motorsport UK: Porsche Carrera Cup and Renault Clio Cup highlights from Donington Park. With commentary by Natalie John Neil and Simon Hill. **4.10** ITV Nightscreen. **5.30** ITV Morning News

## CHANNEL 4

**8 15 Tiz Hoobs** (R) **6.40 Beach Whirlybirds!** **7.20** Flashpoints on 4 **9 00** Everybody Loves Raymond (R) **8.00** Everybody Loves Raymond (R) **8.55** Frasier (R) **9.55** Frasier (R) **10.00** Sunday Brunch **12.30** The Big Bang Theory (R) **1 00** The Big Bang Theory **1 .35** The Simpsons (R) **2.00** The Simpsons (R) **2 35 Film:** Black Knight (2001) **4.20** Come Dine with Me (R) **5.25** Deal or No Deal

**6.20 Channel 4 News.**

**6.50 4thought. Is** A woman with has terminal cancer discusses how her Dogmatism prompted her to re-evaluate her life and put her own needs first

**8.00 The Political Slot** Shadow Welsh Secretary Owen Smith MP discusses the effects of government cuts in the Pontypridd constituency

**7.00 One Born Every Minute** A fashion designer who has her attended any antenatal classes runs a water birth while another woman hopes her second experience of labour is easier than the first (R)

**8.00 Film: Dear Jake** (2010) Premiere. A soldier falls in love with a student, but their relationship is threatened when he decides to return to duty. Romantic drama, with Channing Tatum

**10.00 The Royal History of Pop.** The links between the royal family and pop music.

**11.30 Film: Alone** (1996) Sci-fi thriller sequel starring Sigourney Weaver

**1.35** Camelot. (R) **2.45** Channel 4 Presents – Liz Johnson: Night Swimmer" (R) **3 .00** Hollyoaks. (R) **5.05** Deal or No Deal. (R)

## CHANNEL 5

**8 00 Milkshake! Peppa Pig 8 00** Roary the Racing Car (R) **6 10 Fifi** and the Flowertots (R) **9.25** City of Friends (R) **6.35** Harry and His Bucket Full of Dinosaurs (R) **6.50** Castle Farm (R) **8 00** Abby's Flying Fairy School **7 00** Sebastian and Cuckfield Too (R) **7 10** Postman In Pyjamas. (R) **7 25** Family (R) **7 00** Noddy in Toyland (R) **7 45** Bert and Ernie's Great Adventures (R) **7 00** Fifi and the Flowertots (R) **8 00** Windsmile Mowery (R) **8 10** Little Princess (R) **8.20** The Adventures of Bottle Top Bill and His Best Friend Corky (R) **8 30** Angelina Ballerina (R) **8.45** Rupert Bear (R) **8 00** Ben and Holly's Little Kingdom (R) **8 10** Mr Men Show (R) **8 25** Roary the Racing Car (R) **8 35** The Mr Men Show (R) **10 00** Zoo Days (R) **10.10** The Amy Macdonald Story **10 45** Gray's Anatomy (R) **11 40 Big Brother** (R) **12 45 Film:** Jackie Chan's Final Strike (1996) **2 05 Film:** The Golden Voyage of Sinbad (1974) **4 30 Film:** Hitch (2005)

**6 55 5 News Weekend.**

**7 00 Cricket on 5** England v West Indies: Mark Nicholas presents highlights of the fourth day of the Third Test at Edgbaston in Birmingham where this sees play the third match of the series

**0 00 Once Upon a Time.**

**0 00 Big Brother**

**10 00 Film: The Pursuit of Happyness.** (2006) Fact based drama starring Will Smith

**12.20** Extraordinary People: Seven New Faces in Seven Days (R) **1 30** Super Casino **4 00** The FBI Files (R) **4 00** Rough Guide to Journeys (R) **5 00** Hana's Helpline (R) **5 10** The Milkshake! Show (R) **5.35** Thomas & Friends (R) **5 45** Roary the Racing Car (R)

## OIGITAL

**BBC Three**

**7 00** Wallace & Gromit's Cracking Contraptions **7 10** Wallace & Gromit: The Wrong Trousers **7 45 Film:** Madagascar (2005) **9 00** Live at the Apollo **10 00** Family Guy **10 45** Amateur Dell! **11 30** Russell Howard's Good News

**BBC Four**

**7 00** Behind the Scenes at the Museum **8 00** Timeshift: All the Fun of the Fair **9 00** Nina Conti – A Ventriloquist's Story **10** Hal Morton's Voice **10 00** The Secret Life of Bob Monkhouse **11 30** Frank Skinner on George Formby

**ITV2**

**2 45 Film:** A Little Princess (1995) **4 45 Film:** Nanny McPhee (2006) **8 40 Film:** 6 Ti The Extra-Terrestrial (1982) **9 00** Benidorm **10 00** Mark Wright's Hollywood Nights **11 00** The Exchange

**ITV3**

**3 00** Murder She Wrote **4 00** Rosemary & Thyme **6 00** Lewis **8 00** Midsomer Murthme **10 05** Wycliffe **11 10** Crooker

**ITV4**

**11 00** British Touring Car Championship **4 00** Live Friends Open Tennis **8 00** British Touring Car Championship Highlights **10 00** Europeddion: Why England Shouldn't Win Euro 2012 **11.00 Film:** Scarface (1983)

**E4**

**5 10** Glee **4. 25** SC210 **8.20** The Big Bang Theory **9 15** Revenge **7 15 Film:** Honey I Blew Up the Kid (1992) Comedy with Rick Moranis **9 00** Desperate Housewives **11 00** 2 Broke Girls **11 30** Don't Trust the B----- in Apartment 23

**Film4**

**3 15** Inspector Gadget (1999) **4.50** Ladykillers (1955) **7.20** Hot Shots. Part Deux (1993) **9 00** Premonition (2007) **10.50** Under Siege (1992)

## Monday

**BBC1** 6.00 Breakfast 9.15 Cornwatch Roadshow 10.00 Homes Under the Hammer 11.00 BBC News Weather 11.05 Real Rescues 11.45 Cash in the Attic 12.30 BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.15 Escape to the Country (R) 3.00 BBC News Weather Regional News 3.05 CBBC 3.15 Pontefelix (R) 4.00 BBC News Weather 4.05 Regional News Programmes Weather 7.00 Match of the Day Live Euro 2012 Ukraine v Sweden (Kick-off 7.45pm) 10.40 BBC News 10.25 Regional News Weather 10.30 Have I Got a Bit More News for You 11.20 The Graham Norton Show (R) 12.00 Film Spy Hard (1996) Spoof spy adventure starring Leslie Nielsen 1.20 Weatherview 1.25 Sign Zone Dirrie Wemen (R) 2.25 The Little Paris Kitchen Cooking with Rachel Khoo (R) 2.00 Chaplaincy Angels of Mercy (R) 3.25 Great British Menu (R) 3.00 Great British Railway Journeys (R) 4.00 BBC News

**BBC2** 6.00 CBeebies 7.40 CBBC 8.30 CBeebies 11.00 BBC World News 12.00 Lady Politics 1.00 Tennis from Queen's The AEGON Championships 1.10 Put Your Money Where Your Mouth Is (R) 2.00 Eggheads (R) 3.30 Great British Railway Journeys (R) 7.40 Antiques Road Trip 8.40 Springwatch 2012 9.00 Wimbledon: The Story of the Championships 10.30 Newsnight Weather 11.00 Louis Theroux: Twilight of the Porn Stars (R) 12.30 BBC News 3.10 The Super League Show 4.00 BBC Late King Zone

**ITV1** 6.00 Daybreak 8.00 Loraine 9.00 The Jeremy Kyle Show 10.30 The Alan Titchmarsh Show 12.30 Lorraine 1.00 ITV News Weather 1.30 Regional News Weather 2.00 May the Best House Win 3.00 Deborah's Real Deal 3.30 Regional Weather 4.00 Love Your Garden: Celebrity Cook Off 4.30 Pet Rescue: Live Kittens v Cash's Puppies (Kick-off 5.00pm) 7.00 Regional News Weather 7.10 ITV News Weather 7.20 Euro 2012 Live: Poland v Russia (Kick-off 7.45pm) 10.00 ITV News Weather 10.30 Regional News Weather 10.35 Film Cohabitants (2012) Comedy starring Sinead Cusack, Stephen Rea, Cathy Belton, Brian Gleeson, Aisling O'Sullivan, Ruth McCabe, Ingrid Craigie, Ciaran Fitzgerald, Ian Lloyd Anderson, Ian Toner, Ciaran Nolan, Ciaran Kelly, Ciaran Kelly, Ciaran Kelly

# Food & Drink

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## Gourmet takeaway service becomes A-list favourite

REVOLUTIONARY take-away service housebites.com is the latest celeb trend with famous fans including Stephen Fry and Lily Allen

Housebites.com, the innovative take-away service that delivers restaurant quality food cooked by local chefs, has become a viral phenomenon on Twitter due to its popularity with paparazzi shy celebrities. Today, housebites has revealed the top 5 dishes ordered by its celebrity fan base, which includes pop star Lily Allen, television presenter and novelist Stephen Fry and even an ex-prime minister

Simon Prockter, founder of housebites commented: "We have had a large number of celebrity customers for housebites, and a lot of them, such as Lily Allen, Zoë Ball and Stephen Fry, have taken to Twitter to talk about it - which has provided massive boosts in orders

"I imagine housebites provides a nice alternative to dodging the paparazzi and eating out. What's surprising is that the most popular meals with celebs are the simpler home comforts, rather than anything lavish or even low fat," he added.

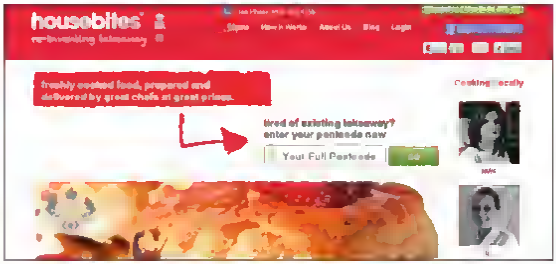
Eat like a celeb! Top 5 dishes ordered by A-listers

**Sea Bass, New Potatoes and Courgettes**
**Chicken Tikka Masala**
**Boeuf Provencal**
**Tuna Steak with vegetables and Rice**
**Asian BBQ Pork Belly with Sticky Rice**

The service, which aims to 're-invent' takeaway, impressed certain celebrities so much they even took to social networking sites to promote it to their millions of fans. Radio one DJ, Scott Mills tweeted: "I tried this last night. So good. If you're in London and want a delivery that's not pizza Indian or Chinese try @housebites I was impressed." Other A-List tweeters include, Stephen Fry, Lily Allen and Maverick Tory, Toby Young

Housebites' unique model allows customers to browse daily menus created by local London based chefs at housebites.com, place an order for a specific time slot that evening and have restaurant quality meals delivered to their door

Simon Prockter added: "When we started to see the tweets coming in from such influential celebrities, we were absolutely amazed. We knew our service was revolutionary, and after we thought about it it made sense. It must be extremely difficult for celebrities to just 'pop out' for a quick bite to eat, or to pick up breakfast from the local cafe. This way, the a-listers can still get home cooked food, but without the hassle of being


housebites
freshly cooked food, prepared and delivered by great chefs at great prices.
tired of existing takeaway? enter your postcode now
Your Full Postcode

bombarded by paparazzi or fans."

One notable order included an ex-prime minister, which resulted in the chef being invited into their home. They have since placed even more orders with housebites

Chef Laurent commented: "I was called to say we had had a pre order for an ex Prime Minister and couldn't believe my ears. Their menu consisted of a starter of Beetroot Carpaccio, a main of Cassoulet and my signature chocolate sushi for dessert. When I arrived to deliver the freshly cooked food, I was met and quizzed by armed police guards, a little worryingly to say the least."

"I explained I was a housebites chef, and that I had come to deliver the ex Prime Ministers dinner. A woman then opened the door, again quizzed who I was, then before I knew it she had turned to ask if he would like to meet me and invited me in. We spoke about everything from my life, how long I had been in London to how I started at Housebites. I explained that it was the perfect opportunity for me to start my own business and to cook for great people. It was a very surreal, but amazing experience."

The company began life in 2011 in central London and has grown rapidly in terms of reach and revenues, cementing its place in the capital's foodie community. It has recently launched in Brighton as the first step in a national expansion.

## Food industry to give jobs tips to young people

THE SUPERMARKETS, as well as the biggest food manufacturers including Unilever, Mars and United Biscuits, have come together to launch a scheme called Feeding Britain's Future

The initiative has been launched just a few months after many supermarkets were involved in the Government's controversial Workfare scheme, which was heavily criticised for not paying young people. Its harshest critics called it "slave labour"

However, the companies involved in the new project – which has been organised by the trade and research body IGD - say it is less about work experience and more about training and advice

One insider said: "Frankly, you hear mothers shopping inside our stores telling their children, if you don't work at school, you'll end up stacking shelves here'. We need to explain that we are a company that offers genuine prospects, and it's not just about stacking shelves."

In a bid to avoid accusations of taking advantage of young people, any work experience will be limited to a week or less

The food companies have promised that they will give tours of their factories, while the supermarkets said they will give training to young, unemployed people helping them to write CVs, give tips about attending interviews and explaining the range of jobs involved in retail

Fiona Dawson, the president of Mars Chocolate in the UK, said: "With over one million young people currently out of work it is important that we engage and inspire them about the world of work whilst equipping them with the skills needed to find a job. The food industry is a fantastic place to work and it is important that we showcase the exciting and diverse range of careers it offers."

The scheme will run during a week in September when the 23 companies involved have promised to open their doors. The IGD hopes more companies in the grocery supply chain will sign up, including many food processing firms. The National Farmers Union has already agreed to be part of it.

Tesco, after having its fingers burnt by being involved in Workfare, insisted it would offer free training to young people, rather than work experience.

A spokesperson said: "We're pleased to support this initiative. It is a difficult time for young people who are looking for work, and we take seriously our responsibility as Britain's biggest employer to help tackle the current levels of youth unemployment. Tesco is creating 20,000 jobs over the next two years, including many opportunities for young people."

## Disney to banish junk-food ads from kid shows

DISNEY says its programming will no longer be sponsored by junk food.

The Walt Disney Co. said on Tuesday that it will become the first major media company to ban such ads for its TV channels, radio stations and websites intended for children. That means kids watching Saturday morning children's shows on Disney's ABC network will no longer see ads for fast foods and sugary cereals that don't meet company's nutrition standards.

The guidelines won't go into effect until 2015 because of existing advertising agreements.

Disney's announcement could pressure other media companies to follow suit at a time when concerns over obesity rates are growing.

Disney says its guidelines are aligned with federal standards to promote the consumption of fruits and vegetables and reduce the intake of sodium, sugar and saturated fat.

The kids' meals offered by traditional fast-food chains may not meet the new advertising guidelines, even if the meals come with healthy side orders, says Leslie Goodman, Disney's senior vice president of corporate citizenship. That's because Disney will be assessing the restaurant's broader offerings in deciding whether to approve ads.

"It's not just about reformulating a meal for a single advertising opportunity," Goodman said. The company will have to show it offers a broader menu of healthier options, she said.

For example, a complete meal under Disney's guidelines could have no more than 600 calories. A side dish could have no more than 200 calories.

Without naming specific companies, Goodman said there are ads currently running on Disney channels that would not meet the new standards.

Disney CEO Bob Iger said there might be a short-term reduction in advertising revenue, but that he hopes companies will eventually create products that meet the standards so they don't have to avoid advertising with Disney.

Aviva Must, chairwoman of the Department of Public Health and Community Medicine at Tufts School of Medicine, said Disney could succeed where government thus far has made little progress.

Margo Wootan, nutrition policy director at the Center for Science in the Public Interest, said that while some snack foods of limited nutritional value may still be advertised, the worst of the junk foods will be eliminated under the new policy.

She hopes Disney's decision triggers similar changes with other companies.

the ship chichester
## FOOD GLORIOUS FOOD

The Ship has three new fresh, house made menus. Our fantastic speedy, value for money Prix Fixe with two courses at £15 and three for £17.50 this is the ideal option if you are going to the theatre or time is not on your side.

Our bar menu is available for lighter meals maybe a Croque monsieur or madame, the ships fish platter, house baked ham egg and chips, a tarty salad or even a bite and bacon baguette. Our a la carte features our new and classic dishes, delicious and creative meat and fish options and plenty for vegetarians too. We also have several sharing platters including our infamous 'plank'. To top this all off our brigade of chefs also create dishes for our 'today's' boards to offer the maximum choice to all our customers.

Feel free to choose from any of our menus in the bar, restaurant or "garden" and please don't forget our current menus and wine list are there to view on our website www.theshiphotel.net or better still at The Ship Hotel in North Street right in the very heart of Chichester

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## THE GLORIOUS GARDEN

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For more information, or to book a room or table tel: **01243 778000**
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www.theshiphotel.net

# A feast for your eyes

Denise Kelly

WHAT a fantastic weekend we have all had with the Diamond Jubilee celebrations! I was in the procession in Chichester, and managed to make the National Newspapers with our float, which was hilariously home made and patriotic! (The Sunday Times) During my childhood, being part of a carnival on a float was quite normal once a year and it was something I really wanted my children to experience. I wanted them to know what it was like and grabbed the chance to be in the Jubilee procession. They loved every second of it and I was so impressed by the amazing colours of all the costumes and floats. You could see that all involved had made such a fantastic effort. There was a wonderful sense of community and happiness, which is very nurturing for the soul! It was a true feast for the eyes!

That brings me to the importance of looking after our eyes so we can see such extravaganza!

As we know our eyes are very precious and can be bombarded by toxins and microbes, causing tearing, irritation, tissue damage, infection, temporary blindness and declining vision. The sun can be damaging to the eyes if they are exposed to its full power without protection and there is also a great connection between vision and bad digestion. This can cause macular degeneration, cataracts and glaucoma. There are two great herbs that have been reported to help with eye complaints:

**1. Eyebright**

Eyebright has been used for centuries in the treatment of a number of ailments. The nutritional and herbal ingredients make it beneficial for many eye problems including ophthalmia (severe inflammation of the eye), blepharitis (inflammation of the eyelids), conjunctivitis (pink eye), cataracts, sty, weeping eye, and bloodshot or strained eyes. It has also been found to be beneficial in treating respiratory conditions including bronchitis, colds, sinusitis, and allergies. Skin problems such as acne and stretch marks, as well as bad memory have also been found to respond well to Eyebright treatment.

Eyebright (Euphrasia Officinalis) is an herb, which belongs to the Figwort family. The whole foliage (stem, leaves, and flowers) of Eyebright is edible and can be used in herbal medicine. The herb's name comes from its common use as an alternative treatment for eye related ailments. According to researchers, Eyebright herb contains many chemical, organic and nutritional properties that may not only aid in treating eye problems but also may help with a number of other health conditions. It contains vitamins B, C, E, and beta-carotene, alkaloids, antioxidants such as caffeic acids, ferulic acids and flavonoids, iridoid glycosides, defensive compounds, tannins and volatile oils.

**2. Bilberry**

Bilberry has been used for centuries, both medicinally and as a food in jams and pies. It is related to the blueberry and is native to Northern Europe. Bilberry fruit contains chemicals known as anthocyanosides, plant pigments that have excellent antioxidant properties. They scavenge damaging particles in the body known as free radicals, helping prevent or reverse damage to cells. Antioxidants have been shown to help prevent a number of long-term illnesses such as heart disease, cancer, and an eye disorder called macular degeneration. Bilberry also contains vitamin C, which is another antioxidant.

Anthocyanosides found in bilberry fruits may also be useful for people with vision problems. During World War II, British fighter pilots reported improved nighttime vision after eating bilberry jam. Studies have shown mixed results, however. Bilberry has also been suggested as a treatment for retinopathy (damage to the retina) because anthocyanosides appear to help protect the retina. Bilberry has also been suggested as treatment to prevent cataracts.

Of course if you have any problems relating to your eyes seek professional advice before you use any of these products, but its good to know they exist if you would like some natural help.

**Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk**

## Ibuprofen 'lowers skin cancer risk'

TAKING ibuprofen and other similar painkillers could help protect against skin cancer, say Danish researchers.

They have found that people who frequently took ibuprofen, aspirin, naproxen or other non-steroidal anti-inflammatory drugs (NSAIDs) were at a lower risk of two major types of skin cancer.

Exactly how much the risk decreased depended on the length of time they took the drugs, and the strength of the dose.

Specifically, they found those who had taken three or more courses of prescriptions for NSAIDs were at a 15 per cent lower risk of squamous cell carcinome and a 13 percent decreased risk for developing malignant melanoma, than those who had two or fewer prescriptions. The link was strongest among those who had taken strong doses for seven years or more.

The findings were based on looking at medical records from almost 20,000 people diagnosed with skin cancer in northern Denmark between 1992 and 2009, and comparing them to 179,000 people without the disease.

The researchers, from Aarhus University Hospital, said the drugs had a "potential cancer protective effect" although they admitted their report, published in the journal Cancer, was not conclusive.

However, they said five of six studies, including their own, had found a relationship between taking NSAIDs and reduced risk of malignant melanoma, the most deadly form of skin cancer.

They wrote: "Given the high skin cancer incidence and the widespread and frequent use of NSAIDs, a preventive effect of these agents may have important public health implications."

They believe the drugs work by inhibiting certain enzymes, called cyclooxygenase or 'COX' enzymes, that are involved in the development of a range of cancers.

Ibuprofen and other NSAIDs do have potentially harmful health effects as well, though. They have been linked to an increased risk of heart attack and stroke, irregular heartbeat and miscarriage.

Cancer Research UK said the best way to avoid skin cancer was "to enjoy the sun safely" using shade, clothing and sunscreen, and that it was "too soon to say" if aspirin, ibuprofen and other NSAIDs reduced the risk of skin cancer.

## Christian Louboutin beauty line set to launch in 2013

LOOK OUT, all you red sole lovers: you're about to get an extra dose of Louboutin in your life.

Christian Louboutin is launching a beauty line called Christian Louboutin Beauté, Women's Wear Daily reports. The shoe designer is partnering with Batallure Beauty LLC to enter the luxury beauty market, bringing his patented sexiness to the makeup counter.

According to WWD, Christian Louboutin Beauté will include "multiple, unspecified classifications," meaning anything from lipstick and eyeshadow to nail polish. No matter what the product, we're guessing Louboutin's signature red, the defining hue of his brand, will pop up throughout the collection.

As for the feel of the new collection, expect sexy and strong, just like the stilettos. "Beauty products also have to do with empowering women," Louboutin told WWD, as he strives for his footwear to do.

It's just one more venture for the busy designer, who is seemingly everywhere lately: at London's Design Museum, where an entire exhibit devoted to his designs is currently on display; at Paris' Crazy Horse cabaret, where he created special sets and shoes for the latest burlesque show, and even in the magical world of Disney, for whom Louboutin will be creating a "glass slipper" in honor of the rerelease of "Cinderella" on DVD this fall.

But despite his jam-packed schedule, beauty would seem to be the next step. Wildly popular designers such as Tom Ford and Marc Jacobs, whose names carry strong customer appeal, have both ventured into the beauty sector in the past year.

We're guessing beauty products emblazoned with the Christian Louboutin name will sell like gangbusters. What girl wouldn't want a bit of Louboutin red for her lips?

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# Fashion

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## Elizabeth Queen of frocks - wedding dress named favourite outfit

THE QUEEN'S embellished wedding dress has today (Friday 1st June 2012) been crowned the nation's most desirable outfit worn by her majesty, over the past 60 years, according to Debenhams.

Known for her love of soft tailoring, subtle embellishment and coordinating accessories, The Queen has been setting trends of her own for decades.

With all eyes on her in her Jubilee year, high street retailer Debenhams asked 3,500* of its customers to vote on their favourite look from her years in the spotlight.

The beautiful wedding gown designed by Norman Hartnell, made of ivory duchess satin and decorated with around 10,000 white pearls, which she famously saved up ration cards to purchase the material needed to marry her prince charming in 1947, has won the hearts of her fans with nearly a quarter (24%) of Debenhams' customers favouring this as her best outfit in her extensive wardrobe.

Following the trend for a floor length dress, the lace gown she wore whilst on a visit to Australia in 1954 was the second most desirable outfit in her collection receiving 14% of votes.

The blue powder dress and hat at the wedding of The Prince and Princess of Wales in 1981 completes the top three with 11% of customers preferring this outfit.

Russell Fish, Head of Design of Occasionwear for Debenhams said, "From primrose yellow day coats to large couture ballgowns, silk headscarves to dashing turbans, the Queen is a very particular style icon and someone who heralds British design to be proud of.

"During her 60 years on the throne her style has evolved but you can see a common sense of style through her wardrobe. In her Jubilee year, our customers look at her for fashion advice as we have seen "The Queen" effect with sales of long gloves, pearls, pastel clothing and classic headscarves all proving popular." Concluded Fish.

Top 10 outfits worn by the Queen over the past 60 years are:

1. Princess Elizabeth in a stunning wedding dress with embellished train on her wedding day, 1947
2. Queen Elizabeth II in an elegant floor length lace dress whilst on a visit to Australia, 1954.
3. Queen Elizabeth II in a powder blue dress and hat at the wedding of The Prince and Princess of Wales, 1981.
4. Queen Elizabeth II in a pea green coat and hat at the Royal Windsor Horse Show, circa 1980.
5. Queen Elizabeth II looked elegant in a fur lined coat and the Imperial Crown at the ceremonial State Opening of Parliament in London in 2002
6. Queen Elizabeth II in buttercup yellow at the Royal Wedding 2011.
7. Queen Elizabeth II in a beige coat and hat with fur lined gloves at Sandhurst Military Academy in 2006.
8. The Queen in a pink cape and head scarf at The Royal Windsor Horse Show.
9. Queen Elizabeth II in a feathered fascinator at the wedding of Peter Phillips and Autumn Kelly in 2008
10. The Queen in a pillar boxed coat and hat at the de-commissioning ceremony For Hmy Britannia.

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# Interior design: Britain's got talent

THE THOUGHT will have occurred to anyone who loves redecorating: "I could be paid for this." For DIY fanatics and proud home owners, interior design is high on the list of dream jobs. But it isn't as easy as it looks.

For one thing, the market is ferociously competitive. As well as established designers and midlife career-changers, young people are also flocking to design. Fifty universities around Britain now offer an interior design degree, and students are coming from as far as China and Japan to take places here. With up to 40 students in each year, that's as many as 2,000 new designers coming on to the market annually. How do clients and potential employers decide which of these young talents is worth hiring? And how do wannabe Hoppens and Conrans stand out in such a crowded field?

Trying to answer these questions is one reason why Janine Stone, a London based design practice, founded a competition to find the best young designers in Britain.

This year's winner was Erica Deam, an American student at the American Inter Continental University in London. She won a six-month paid internship at the firm, as well as £10,000 in cash. The brief was to create a residential apartment, in any city and with any budget.

"I'm from Colorado originally," Deam says, "so I was inspired by the mountain homes we have there. I wanted to create a mix of private and public space.

"I also tried to blend the old with the new. I think natural materials, such as stone and wood, are best because they never really go out of style. It really annoys me when I see buildings which don't use materials properly, or where the craftsmanship is shoddy."

Deam says that the prize has opened doors in the industry.

"The award was an incredible opportunity. It's so hard to get into the industry without two years of experience at a firm, and it's hard to get into a firm without experience. Also, just being and studying in Britain has given me an immense advantage. There's always something going on here: design events, exhibitions and talks."

Among the judges were Wayne Hemingway, the designer behind Red or Dead, and Raymond Blanc, the Michelin-starred chef who also designs rooms at his restaurant and hotel, Le Manoir aux Quat' Saisons, near Oxford.

"You might ask what a chef is doing judging a design competition," Blanc says. "But I'm involved in absolutely everything at the Manoir, from the way a beam of light falls on a painting in a bedroom to the teacup and saucer you have with your coffee. I'm an autocrat."

Hemingway says the competition proves that Britain still leads the world in design education. "We've got the best schools in the world," he explains. "There's so much design talent out there, and some of it coming from countries, such as China, which you wouldn't have associated with design a decade ago. As a designer I get asked to judge quite a few awards, and one of the reasons I agreed was because this prize was so generous. It gives people a chance to help pay off their student loans, which are bigger than ever. And they get a really high standard of entrants."

Gideon Stone, Janine's husband, who handles the business side of the company, says that the idea behind the competition was to help showcase the pragmatic aspects of design. "People get involved in the industry because they love it, but often they don't realise what you need to do to turn it into a career," he says.

The job market might be tough at the moment, particularly for young people. But many of them, from all over the world, are still following their dream of becoming interior designers. And they are coming to Britain to learn their trade. It can only be good news for our design world.

For details of the Young Interior Designer of the Year award, visit yida-award.co.uk

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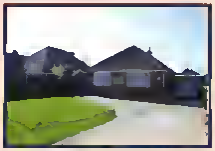

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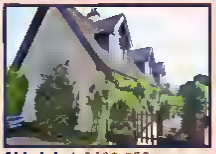

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**ALDWICK** **£385,000**

An extended and well presented detached family house situated in a cul-de-sac within 400 yards of local shops and approx 3/4's of a mile from schools and the beach. G.F.H. u.P.V.C. dble glazing and boiler. Cloakrm, spacious 'L' shaped lounge/dining rm, study, kitchen, conservatory, master bedroom with en suite shower rm, 3 further bedrooms, bathroom, an integral garage and gardens.

**ALDWICK BAY ESTATE** **£1,500,000**

A stunning detached front residence situated in private cul-de-sac. The property has been made the subject of an extensive programme of refurbishing, extension & refurbishment over the past year. The accommodation comprising an entrance hall, cloakrm, sitting rm, tv room/home cinema, kitchen/break rm, utility, 1st floor sun lounge with terrace, master bed with dressing rm, en suite & access to sun terrace, 2 further en suite bedrms, study, 5 additional bedrms, 2nd floor with en suite facilities, bathhouse with studio, gym, kit & wet rm, garage, parking and garden with direct access to the beach.

**ALDWICK** **£650,000**

An imposing detached Tudor style house situated on a plot approx a third of an acre within half a mile of the beach and shops. G.F.H., d/glazing with leaded lights, cloakroom, triple aspect lounge opening to a garden rm, dining rm, fitted kitchen with attached conservatory/breakfast rm, utility rm, four bedrms, refitted bathrm and shower rm, playrm (potential for ground floor bedrm and en suite), gardens with heated swimming pool.

**ALDWICK BAY ESTATE** **£495,000**

An extended detached character house situated in the Aldwick Bay private marine estate approx. 400 yards from the private beach. The current owners have extended & reconfigured the property. G.F.H. u.P.V.C. dble glazing, spacious dual aspect reception area partially separated into a front sitting rm with inner lounge/dining rm, kitchen/breakfast rm, utility rm, an office/study, gr fl bedroom (currently used as a further reception rm) with en suite shower rm, master bedrm with dressing area & en suite shower rm, second bedrm, bathrm, small garage/store room and well presented gdns.

**ALDWICK** **£349,950**

A detached Georgian style house situated in a cul-de-sac within half a mile of shopping facilities and approx 1/4 of a mile to the beach. G.f.h. u.P.V.C. dble glazing, cloakroom, dual aspect living room, a dual aspect fitted kitchen/breakfast rm, four bedrooms, bathroom, garage and a South facing rear garden.

**ALDWICK** **£325,000**

A three bedroom first floor apartment in development of six in walled gardens immediately adjacent to the beach, gas central heating, u.P.V.C. double glazed, carpets, cloakroom, lounge dining room with library area, South facing balcony, kitchen, master bedroom with en suite bathroom and dressing area, second bathroom, garage. UNOBSTRUCTED SEA VIEWS.

**PAGHAM** **£235,000**

A detached two bedroom bungalow situated in a residential location around 400 yards from the beach and local shops. G.F.H., u.P.V.C. dble glazing, u.P.V.C. fascias & soffits, dual aspect lounge, full width double glazed conservatory, fitted kitchen, shower room with large cubicle, timber garage & gardens including a paved rear garden with freestanding caravan (hobbies room).

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# Innovative Skoda Citigo on sale now

ONE of the most important new models in the history of Skoda is now officially on sale

The all-new Citigo marks the start of a new era in the company's 117-year history As the sixth model in the multi award-winning line-up, and Skoda's first ever city car, it expands the brand's value-for-money appeal to a new type of customer

With a classically simple yet charismatic design and outstanding around-town manoeuvrability, the Citigo sets new standards – comfort, convenience, environmental considerations and technical sophistication

The brand's debut in the fast-expanding city car segment, it's also the first new model to wear Skoda's revised 'winged arrow' corporate badge It's a fact that perfectly illustrates the Citigo's huge significance for the company

The newcomer is aimed at younger drivers, families who need a second car and older motorists with an active lifestyle. Citigo has a spacious and bright cabin which can easily accommodate four adults, no matter how long the journey It also has the largest boot in its class and a five-star Euro NCAP safety rating

The 1.0-litre three-cylinder petrol engine comes with a power output of either 60 or 75PS, plus the option of GreenTech fuel-saving technologies including stop/start and brake energy recuperation A newly developed five-speed manual transmission is standard, though an automatic gearbox is available on selected models It means the Citigo has official combined fuel economy as high as 68 mpg and CO2 emissions as low as 96g/km.

Skoda's recognised high specification trim levels – S, SE and Elegance – are on offer, and can be personalised with a range of desirable factory and dealer-fit options. One highlight is the Personal Infotainment Device (PID), a dashboard-mounted touch-screen technology providing Bluetooth, sat-nav, and trip data

Alasdair Stewart, Brand Director for Skoda UK, said the Citigo's arrival was a hugely exciting opportunity for Skoda retailers He commented: "To be expanding our product line-up right now, when the city car segment is going into overdrive, is fantastic. Customers are demanding smaller cars and we believe we have one of the best on the market. The Citigo is innovative, full of character, practical and very fuel-efficient People are going to fall in love with it, as they have with our other models."

Prices for the 14-car Citigo line-up begin at just £7,630 for the entry level three-door model, with five-door cars only another £350.

The Citigo can be bought through SkodaFinance's flexible 'Solutions' Personal Contract Plan (PCP) A number of attractive packages have been created to suit every pocket, and include three years' servicing for free. It means customers could drive away a brand new Skoda Citigo from as little as £75 per month

The launch of the Skoda Citigo will be backed by a new multi-million pound national marketing campaign The brainchild of leading advertising agency, Leagas Delaney, the campaign will include TV, national newspaper and magazine advertising, plus significant digital, outdoor and social media activity

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| DG10AFL | Seat Ibiza 1 4 Sport 5dr | Black | £8,500 |
| DU09EAE | Renault Clio 1 2 16V Dynamique 5dr [AC] | Blue | £8,000 |
| YH59UGY | Renault Clio 1 5 dCi 86 Dynamique 5dr | Red | £8,000 |
| LI09DGX | Renault Clio 1 5 dCi 86 Dynamique 5dr | Green | £7,000 |
| DV09RZW | Renault Clio 1 2 16V Dynamique 5dr | Green | £7,700 |
| GL09HJO | Volkswagen Polo 1 2 Match 70 5dr | Black | £7,500 |
| NA09RVH | Ford Fusion 1 6 Zetec 5dr Auto [Climate] | Blue | £7,500 |
| GY59RXL | Ford Fiesta 1.25 Style + 3dr [82] | Blue | £7,300 |
| PN58OUK | Renault Clio 1 2 16V Dynamique 5dr | Grey | £7,000 |

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| GY10WVA | Renault Clio 1 2 16V I-Music 5dr | Red | £7,000 |
| GW07XDD | Peugeot 207 Coupe Cabriolet 1 6 16V GT THP 2dr | Black | £7,000 |
| NV60UHL | Renault Clio 1 2 TCE Dynamique 5dr [AC] | Black | £6,700 |
| MV58ZXF | Vauxhall Zafira Estate 2 2i Exclusiv 5dr Auto | Blue | £6,250 |
| WM06CWO | Renault Clio 1 6 VVT Initiale 5dr Auto | Blue | £6,000 |
| GR09MMP | Ford Ka 1 2 Studio 3dr | Silver | £5,500 |
| PN04BHJ | Nissan Navara Rally Raid Double Cab Pick Up 4WD Di | Black | £5,500 |
| LM04AZS | Mini Hatchback 1 6 One 3dr | Red | £5,300 |
| LB07OND | Renault Megane 1 6 VVT Privilege 5dr Auto | Silver | £4,000 |

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# New Cee'd launch

THE all-new second generation Kia cee'd goes on sale in the UK on 1 June bringing enhanced quality, refinement and efficiency to the family car market. Designed, engineered and built in Europe Kia's replacement for the car that pioneered the seven year warranty, and changed perceptions of Kia, combines impressive levels of comfort, safety and luxury.

While only a little longer than the previous model, the new cee'd has different proportions which give it a sportier stance and a more upmarket appearance. It is narrower and lower and sits closer to the ground, while the cabin has been shifted forwards to allow a more rakish roofline without impinging on the original car's outstanding passenger or luggage space. Front passengers benefit from increased head- and legroom and there is more shoulder room all round. The wheelbase, one of the longest in class, at 2,650mm, is unchanged, but the overhangs are greater to provide greater crash protection (front) and boot capacity - up by 40 litres to a class-best 380 litres. At the same time the aerodynamics have been improved so that the new cee'd cuts through the air more efficiently at speed.

The new cee'd raises the benchmark for fuel-efficiency in its class, with average fuel consumption reductions of 4 per cent and CO2 emissions as low as 97g/km for the 1.6-litre diesel model. Four engines are available at launch - 1.4 and 1.6-litre diesels and petrol engines of similar capacity. The 1.6-litre petrol engine features efficiency-enhancing direct fuel injection. Familiar from the Kia Sportage, it is the most powerful of the four cee'd engines, with 133bhp and 164Nm of torque, and is the only cee'd available with the new dual-clutch gearbox developed in-house by Kia.

The 1.6-litre diesel with ISG (Intelligent Stop & Go) has a combined cycle potential fuel economy of more than 76mpg, with CO2 emissions from 97g/km, depending on the wheel and tyre combination. The 1.6-litre diesel develops 126bhp and 260Nm of torque - figures which promise outstanding driveability in the conditions faced by Europeans on a daily basis. It is available with a conventional six-speed automatic gearbox in place of the standard six-speed manual. The CO2 emissions of the 1.6 CRDi automatic are 145g/km.

The 1.4-litre units deliver a strong balance of flexible performance and low fuel consumption, even without the aid of ISG. The petrol version develops 98bhp and 137Nm of torque and is capable of more than 47mpg, with CO2 emissions from 139g/km. The diesel, with 88bhp and 220Nm, manages almost 65mpg, with CO2 emissions down to 109g/km.

The stiffer bodyshell is the result of a comprehensive package of reinforcements in critical areas with the aim of making the new cee'd not just amongst the most efficient in its class, but also the safest. In total, 57per cent of the new body is made from high-tensile steel, with ultra-high-tensile steel in the B-pillar structures.

It offers Electronic Stability Control (ESC), Vehicle Stability Management (VSM), Hill-start Assist Control (HAC) and six airbags and all versions have Emergency Stop Signalling (ESS) which causes the rear brake lamps to flash in an emergency stop to alert following drivers. Depending on model, static and active cornering lights, a colour reversing camera, a Parallel Parking Assist System which automatically steers the car into kerbside spaces and a Lane Departure Warning System are also available.

Driver and passenger comfort have also been substantially upgraded. Most models now have a Flex Steer function within the standard Motor Driven Power Steering with three settings - Comfort, Normal and Sport - so that the level of assistance can be increased when parking and decreased to make the car more stable at highway speeds.

An electronic parking brake, a heated steering wheel, automatic lights and wipers, larger vents to deliver more air to the rear foot-wells, dual-zone automatic air conditioning - with soft and fast air-flow modes, 10-way adjustable driver's memory seat and electric lumbar support are all new features.

The audio system is fully integrated into the dash for a higher-quality appearance and has improved functionality. It incorporates Bluetooth with voice recognition in 10 languages and music streaming, iPod connectivity through the original iPod cable and 600Mb of MP3 memory within the head-unit. The high-grade Audio plus Navigation system now has a 20 per cent more powerful control unit and permits voice recognition in 13 languages, full UK postcode entry when setting navigation instructions, Traffic Messaging Channel information and full phone number download from the owner's mobile telephone.

The new cee'd is available in five trim grades - named '1, '2, '3 and '4 - with the option of a '4 Tech version of cee'd '4'. All feature a comprehensive list of standard equipment, including electrically adjustable heated door mirrors, tilt and telescopic steering wheel adjustment and a height-adjustable driver's seat, air conditioning, steering wheel-mounted controls, front electric windows, projection headlights, daytime running lights, remote central locking, a cooled glove box, a flat-folding 60:40 split rear seat, ambient front lighting, an iPod-compatible audio system with radio and CD player, USB port and Bluetooth connectivity, ESP and VSM, HAC (Hill-start Assist Control), six airbags and speed-sensitive auto door locking.

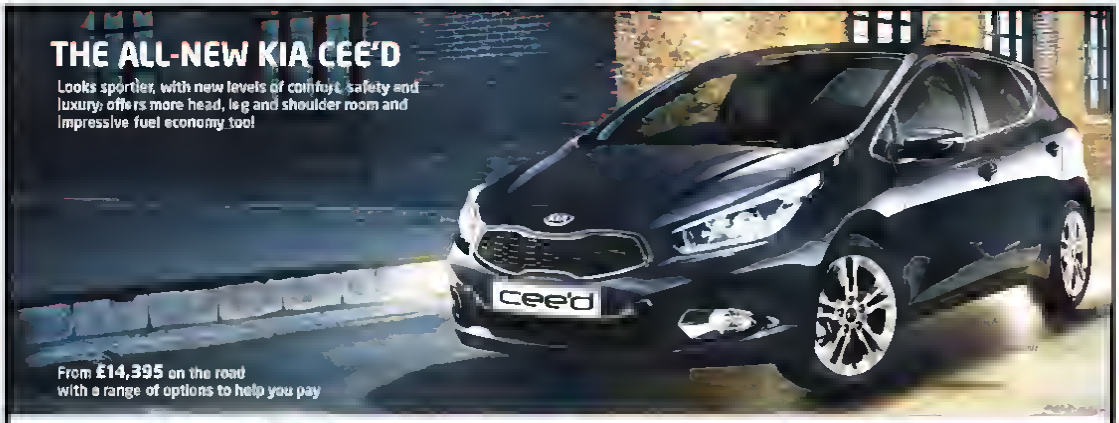
cee'd '2 adds 16-inch alloy wheels, cornering lights, LED daytime running lights and rear combination lamps, electrically folding and heated door mirrors, leather trim on the steering wheel, gear shifter and handbrake, greater use of chrome highlights, a rear centre armrest, all-round electric windows, cruise control with speed limiter, reversing sensors and the Flex Steer function.

cee'd '3' has in addition privacy glass, automatic headlights with a 'follow-me-home' function, rain-sensing front wipers with de-icing elements, a height-adjustable front passenger's seat, electric lumbar support on both front seats, dual-zone automatic air conditioning with two-step air flow control and a seven-inch touchscreen satellite navigation with European mapping, UK postcode entry and built-in colour reversing camera system.

cee'd '4 introduces 17-inch alloys, exterior illumination on the front door handles, black leather front seats with contrasting grey inserts and three-stage heating, a heated steering wheel, electronic parking brake, an engine stop/start button with smart entry system, rear air ventilation system, a premium centre console with sliding cover and a TFT LCD multi-function high-definition colour display. Finally, at the top of the range, the cee'd '4 Tech is distinguished by its panoramic sunroof, 10-way power-adjustable driver's seat with memory, Parallel Parking Assist System - including front parking sensors, Lane Departure Warning System and Xenon adaptive front lighting system with automatic levelling.

The new cee'd comes with a seven year, 100,000-mile transferable warranty and routine servicing is needed only once a year or every 20,000 miles for both petrol and diesel versions.

With on the road prices starting from just over £14,000, you can experience the new cee'd at Newbarn Kia, 65 Aldwick Road, Bognor Regis - telephone 01243 841200.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### KIA

**09 (09) Sorento XS Auto 2.5 TD,** auto, Inky Blue, fsh, under 25k, leather **£15,995**

**10 (10) Venga 1.4 CRDi '3' TD Eco,** Ebony fsh, cheap road tax, bal 2yr warr **£8,995**

**11 (11) Venge 1.4 '2',** Infra Red, 1 owner, fsh, bal 7 yr warranty, fab value **£8,800**

**10 (60) Venga 1.4 '2',** Silver, 1 owner, under 12k miles, bal 2yr warr **£8,500**

**09 (59) Soul Burner 1.6 TD,** Black, fsh, limited edition, must be seen **£9,500**

**09 (59) Soul '2' CRDi TD,** auto, blue, fsh, 1 owner, 17k mls, bal 2yr warr **£8,895**

**10 (60) cee'd '3' CRDi TD,** auto, Astral Blue, fsh, alloys, climate, bal 2yr warr **£11,500**

**10 (60) cee'd 1.6 '2' SW,** Tropical Red, fsh, great spec., bal 2yr warr **£9,500**

**08 (58) cee'd 2.0 CRDi Sport SW Estate,** fsh, under 31k miles, fab spec. **£8,995**

**09 (09) cee'd 1.6 GS CRDi SW,** Blue, fsh, 1 owner, bal 2yr warr., fantastic **£8,675**

**09 (58) cee'd 1.6 GS SW,** Stone Grey, fsh, alloys, a/c, super example estate **£7,795**

**07 (57) cee'd 1.6 CRDi LS,** 5dr, Silver, fsh, alloys, ESP, bal 2yr warranty **£5,750**

**10 (60) Picanto Domino 1.1,** White, fsh, 1 owner, under 14k, all con **£6,500**

**10 (10) Picanto 1.0 '1',** Polar White, fsh, under 10k miles, great example **£5,995**

**09 (59) Picanto 1.1 Strike,** Cool Blue, fsh, under 14k miles, a/c, e/w **£5,750**

**09 (59) Picanto 1.1 Strike,** Flame Red, under 17k miles, a/c, fsh, c/l, e/w **£5,750**

**08 (08) Picanto 1.1 '2' Silver,** fsh, e/w, under 26k miles, c/l, superb **£4,650**

**05 (05) Picanto 1.1 LX,** Diamond Blue, 1 owner, fsh, under 27k, a/c, c/l **£2,995**

**07 (07) Rio ice CRDi TD,** Tropical Red, 1 owner, fsh a/c super economy **£4,250**

### MPV/ESTATES

**09 (59) Honda Accord 2.2 iDTEC ES GT Estate,** Panther Black, 1 owner, fsh, sat nav, fab spec, great price **£14,500**

**08 (58) Peugeot 308 SW 1.6 HDi 110 Sport,** Silver, top model, history **£8,995**

**06 (06) Vauxhall Zafira Design CDTi 150 1.9 TD,** Silver, under 40k mls, fsh **£6,750**

**09 (59) Citroen Nemo Multispace 1.4,** Silver, fsh, under 15k miles **£5,850**

**09 (55) Subaru Forester X 200 Estate,** auto, Silver, history, rare, super **£5,500**

**07 (07) Citroen Picasso 1.6 HDi 92hp VTX,** Storm Grey, 1 owner, fsh, great mpg **£5,250**

### SUVS

**07 (07) Nissan X-Trail Sport Expedition 2.0 dCi 170,** Ebony, half leather, s/r, under 55k mls, rear camera etc **£12,500**

**09 (59) Sportage 2.0 XS 4WD,** Ebony, fsh, leather, climate, top spec **£11,495**

**07 (07) Mitsubishi Outlander 2.0 DI-D Warrior,** Silver, fsh, 7 seats, 12mth warr **£9,095**

**06 (06) Mitsubishi L200 Trojan Double Cab,** Black, 27k mls, fsh, leather, inc VAT, load liner, truck top, tow bar etc **£8,895**

**07 (07) Sportage 2.0 TD 4x4 XS,** Silver, 1 owner, leather, great spec. **£8000**

**07 (07) Hyundai 2.0 Tucson CDX 4WD,** Black, fsh, leather trim, top spec **£7,945**

**04 (54) Hyundai Tucson CRTD GSi,** Silver, 1 owner, fsh, a/c, s/r, super cond **£5750**

**08 (58) Fiat Sedici 1.6 16v Elegance,** Silver, fsh, 4WD, climate, alloys **£5,400**

### AUTOMATICS

**06 (56) BMW 520D SE Auto,** Galaxy Black, fabulous example, stunning car **£10,250**

**10 (60) Suzuki Swift SZ4,** Burnt Orange, fsh, under 12k mls, alloys, a/c, e/w **£8,750**

**02 (Y) Mercedes CLK 320 Cabriolet Avantgarde,** Quartz Blue, two tone leather, AMG wheels, many extras, under 66k miles, fsh **£6,000**

**09 (59) Ford Focus 2.0 Ghia,** auto, Blue, fsh, under 23k miles, great spec. **£5,500**

**08 (08) Ford Fiesta Style Auto 1.6,** 3dr, fsh, Silver, under 40k miles, pristine **£5,500**

**07 (57) Hyundai Getz 1.4,** auto, Silver, 1 owner, fsh, under 37k, a/c, e/w **£4250**

### OTHER MAKES

**10 (60) Mazda 3 1.6 Takuya,** 5dr, Black fsh, under 16k miles, fab spec. **£11,500**

**09 (59) Vauxhall Astra 1.7 CDTi (125PS) SE,** Silver, fsh under 15k miles, loads of options inc. Nav, must be seen **£10,500**

**09 (59) Ford Fiesta 1.4 Zetec 95,** Ebony Black, fsh under 8k miles **£7,995**

**08 (08) Fiat 500 'Lounge',** Polar White, fsh, red/cim leather, alloys, Bluetooth, 1 owner, immeculate 29k mls **£7,995**

**11 (61) Hyundai i10 Classic 1.2,** Dove Grey, fsh, bal 5yr warr., 1st class cond **£7,250**

**09 (59) Renault Megane Extreme VVT 1.6,** Silver, 1 owner, under 5k miles, fsh, fabulous specification **£6,995**

**10 (10) Vauxhall Agila 1.2 Design,** Crystal Blue, a/c, alloys, foes **£6,500**

**07 (57) Ford Focus 1.8 125 Ghia,** 5dr, fsh, Silver, under 32k mls, Ghia spec **£6,500**

**10 (10) Hyundai i10 1.2 Comfort,** Ebony, fsh, under 17k miles, air conditioning, balance of 5 year warranty **£6,500**

**10 (10) VW Fox 75, 3 dr, 1.4,** Silver, fsh, balance of 3 yr warranty **£6,000**

**05 (05) Toyota Celica 1.8 VVTi Red,** Premium Silver leather, fsh, under 34k miles **£5,695**

**09 (09) Hyundai i10 1.2 Comfort,** Pacific, under 11k miles, fsh, a/c, alloys **£5,695**

**08 (57) Mazda 3 1.6 TS,** 5dr, Pacific Blue, fsh, under 23,500 miles, superb **£5,850**

**10 (10) Hyundai i10 Classic 1.1,** 5 door, Red, fsh, under 15k miles, all con, balance of 5 year warranty **£5,750**

**09 (09) Citroen C1 VTR 1.0,** 3 dr, Silver, fsh, under 16k miles, super, eco **£5,500**

**08 (08) Peugeot 107 Urban Move 1.0,** Slate Grey fsh, under 20k mls, super eco **£5,500**

**09 (58) Hyundai i10 Comfort,** Black, fsh, under 27k miles, alloys a/c e/w **£5,250**

**08 (56) Ford Fiesta 2.0 ST,** Flame Red, 3dr, fsh, rare, stunning example **£4,695**

**08 (08) Mitsubishi Lancer 1.6 Equippe Saloon,** Silver/Grey, fsh, under 22k mls **£4,500**

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KIA

Fuel consumption figures in mpg (l/100 km) for the new Kia cee'd range are: Urban 33.6 (8.4) 53.3 (5.3), Extra Urban: 58.9 (4.8) 80.7 (3.5) Combined: 46.3 (6.1) 68.9 (4.1) CO2 emissions are 145 - 97 g/km

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Cricket

## Sussex to welcome Australia to The PROBIZ County Ground

SUSSEX County Cricket Club will be hosting the Australians once again when they tour England for the next Ashes series in 2013.

The Aussies began their 2009 tour at Hove and will this time visit The PROBIZ County Ground for a three-day match between Friday 26th and Sunday 28th July 2013

It will mean that Australia have visited Hove in three out of their last four Ashes tours and their new-look side will be aiming to win back the Urn for the first time on English soil since 2001, with the match against Sussex no doubt proving crucial to their preparations

The drawn match in 2009 could have nearly seen a famous win for Sussex who after being set a target of 418 to win the match, had Carl Hoplinson (115) and Michael Yardy (69) to thank for pushing them close to the target before the match was called a draw at 373 for 7

The crowd for that match three years ago totalled nearly 25,000 across the four days and the County will be aiming to match that success next summer, particularly with the new facilities having given the ground a fresh look since their last visit Details for ticketing, and hospitality options for the match in the BrightonandHoveJobs com Boundary Rooms, will be formally announced in due course

Sussex's Chief Executive Dave Brooks said. "We are delighted to welcome Australia back to our new look PROBIZ County Ground for a fantastic weekend of cricket which will form the highlight of the season for many of our supporters

"Watching Australia at Hove gives spectators the chance to get so much closer than they can at a major Test venue and offers a unique experience for them, and also for the players aswell."

Boxing

## City College offering trial day for budding boxers

CITY College Brighton and Hove is offering keen young boxers from all over the South East the chance to step up to the next level by gaining a place at its acclaimed Boxing Academy In recent years, the Academy has worked in partnership with a range of southern counties clubs to help produce regional and national champions The Trial Day is being held on Saturday 8th June at the Boxing Academy, City College East, Wilson Avenue, Brighton from 11am to 3pm Attendees will need to bring their boxing kit as the physical trial will involve partner pad work and an assessment of their technique There will be a short interview afterwards, lasting 10-15 minutes

"As well as producing champions, the Academy prides itself on academic standards and we've got three of our current cohort progressing to University," said the Academy's Coach Adam Hanver, who was named Coach of the Year in the Brighton & Hove City Sport and Physical Activity Awards "We believe we're creating something genuinely outstanding here at the Academy and are looking forward to having the region's talented young boxers coming here next Saturday to show us what they're capable of and to see the fantastic opportunities that are available to them."

At the Academy, the boxers train each day completing a Level 3 portfolio in Excellence in Sporting Performance, then study a Level 3 BTEC Diploma in Sport These qualifications are vital in educating the boxers for when their boxing careers finally end In addition, they will achieve a vocational Level 2 CYQ Gym Instructor Qualification and CSLA award while having access to many privileges through an ABA-affiliated educational boxing programme.

If you would like to attend this trial, contact Adam Hanver on 01273 667788 ext 373 or email on aha@ccb.ac.uk

For City College media enquiries, please call Brian Bell, Marketing Communications Officer, on 01273 667788 Ext. 488 or email bb1@ccb.ac.uk website www.ccb.ac.uk

# Chi bring points home

**LEAGUE ROUND-UP FOR 2 JUNE**

**PREMIER DIVISION**

CHICHESTER did enough to see off Eastbourne at the weekend making sure the long journey was worthwhile

They left their opponents finishing 17 runs short of the total posted with four wickets standing leaving Eastbourne still seeking their first win of the season

Simon Hasted made 51, Mark Bamford 48 and Chris Kirkham 36 in a Chichester score of 259 for 7 declared. Sussex protégé, 17 year-old Calum Jackson hit 100 and Matt Green lent support with 35 in an Eastbourne total of 242 for 6, for the visitors Aussie Adam Zampa took 3 for 85.

**DIVISION TWO**

Pulborough won a relatively low scoring game at Clynde by two wickets after dismissing the home side for 138 of which Dominic Shepheard made 37 as Kuldeep Rawat took 7 for 57. Ed Barber with 37 not out guided Pulborough home at 141 for 8, there were two wickets each for Dale Tranter and McCauley England on his debut

**DIVISION THREE WEST**

Bognor are still out in front in Division 3 West but were held to a draw by Storlands.

Things looked good for Bognor when they posted 241-7. Rob Willway made 102 while Struan Cameron fought back with 4-39. Storlands closed on 100-6 after Sean Heather's unbeaten 100 thwarted any hopes of a Bognor win

Middleton are second after a very similar game with Pagham to the already mentioned Bognor match. They set a challenging 240-6 declared as Ben Ransford struck 133. Wayne Green took 4-64 for Pagham and 51 not out from Graham saw them finish 200-7 but remain bottom of the pile

Arundel remained third but their visitors Slinfold enjoyed a 5 wicket victory restricting the home side to just 163. Harrison Temple made 54 of these but Hadyn McIntyre 5-47 and Richard Harris 5-40 set up a first victory of 2012

for Slinfold for whom Jonathan Hughes made 55.

Steyning are now fourth after thrashing Littlehampton on their own turf by 6 wickets. Littlehampton won the toss but then saw their afternoon go downhill making just 138. Jordan Farrell top scored with 29 while Tim Humphries bagged 3-37.

Bapot out from Lee Mottishead and 43 from Rywel Jones completed the rout as Littlehampton still search for their first win

Billingshurst posted a huge total of 311-3 off just 45 overs as Dhanuska Malpoorachchi (153 not out) and Carleon Brome (103) shared a partnership of 223. Wisborough Green were all out for 104 in response.

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